

# October 2020

## Roland-Story Middle School

### BREAKFAST



This institution is an equal opportunity provider.



**Nutrition Tip:** Start with breakfast. Eat a breakfast that helps you meet your food group needs. People who skip breakfast often weigh more. Eating a nutrient-dense breakfast may help you lose weight and keep it off



Reference: USDA

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**Milk offered daily:**  
White, Chocolate, and Strawberry Skim Milk  
White 1% Milk

Sausage Pancake Stick  
Apple/Banana/Orange Milk

Cereal  
Graham Crackers  
Apple/Banana/Orange Milk

Ham Breakfast Bar  
Graham Cracker Pack  
Apple/Banana/Orange Milk

Mini Cinnamon Rolls  
Apple/Banana/Orange Milk

Breakfast Pizza  
Apple/Banana/Orange Milk

Sausage Pancake Stick  
Apple/Banana/Orange Milk

Cereal  
Muffin  
Apple/Banana/Orange Milk

Ham Breakfast Bar  
Graham Cracker Pack  
Apple/Banana/Orange Milk

Mini Pancakes  
Apple/Banana/Orange Milk

Breakfast Pizza  
Apple/Banana/Orange Milk

Sausage Pancake Stick  
Apple/Banana/Orange Milk

Cereal  
Pop tart  
Apple/Banana/Orange Milk

Ham Breakfast Bar  
Graham Cracker Pack  
Apple/Banana/Orange Milk

Turkey Bacon, Egg, and Cheese Biscuit  
Apple/Banana/Orange Milk

Breakfast Pizza  
Apple/Banana/Orange Milk

Sausage Pancake Stick  
Apple/Banana/Orange Milk

Cereal  
Graham Crackers  
Apple/Banana/Orange Milk

**NO SCHOOL**

Cheese Omelet  
Graham Cracker Pack  
Apple/Banana/Orange Milk

Breakfast Pizza  
Apple/Banana/Orange Milk

Sausage Pancake Stick  
Apple/Banana/Orange Milk

Cereal  
Muffin  
Apple/Banana/Orange Milk