



Don't forget to eat your vegetables.

# Middle School/High School Breakfast Menu

Fresh Vegetable Choices and Seasonal Fruit are Offered Daily on the Fruit & Vegetable Bar

April 2018

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**2**

Pancakes

Mini Donut  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Canned Fruit

**3**

Breakfast Biscuit

Long John  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Canned Fruit

**4**

Breakfast Pizza

Mini Donut  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice

**5**

Cinnamon Roll

Long John  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice

**6**

Breakfast Stacker Sandwich

Mini Donut  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit

**9**

Pancakes

Long John  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Canned Fruit

**10**

Biscuits & Gravy

Mini Donut  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice

**11**

Cinnamon Roll

Long John  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit

**12**

Cheesy Ham Melt

Mini Donut  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice

**13**

Mini Eggo Waffles

Long John  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit

**16**

Breakfast Pizza

Mini Donut  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Canned Fruit

**17**

Banana Chocolate Loaf

Long John  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice

**18**

Waffle Sandwich

Mini Donut  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit

**19**

Mini-Cinnis

Long John  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice

**20**

Breakfast Burrito

Mini Donut  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit

**23**

Pancakes  
Syrup

Long John  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection

**24**

Mini French Toast

Mini Donut  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Apple Juice

**25**

Yogurt Parfait with Fruit & Granola

Long John  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection

**26**

Breakfast Stacker Sandwich

Mini Donut  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Orange Juice

**27**

Blueberry Loaf

Long John  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Fresh Fruit

**30**

Ham & Cheese on a Bagel

Mini Donut  
Cheese Stick

Choice of Cereal  
Graham Crackers

Vegetable Selection  
Canned Fruit

**1**

**2**

Choose **MyPlate**.gov

Regular PK-12	\$1.70
Reduced	\$0.30
Adult	\$2.00
Milk	\$0.45

**HARVEST OF THE MONTH**

**EXTRA INFO**

ilk choice of 1% White, Skim or Chocolate Skim is included with lunch.  
 Entree Salads are served with Dinner Roll  
 For questions or comments, contact Mindy Riibe at 712-621-0042 or email riiem@roschools.org