

# JANUARY

2019



## RULH HIGH SCHOOL

### Breakfast

### Nutrition Tips

Whole eggs are so nutritious that they're often referred to as "nature's multivitamin." It is a myth that eggs are bad for you because of the cholesterol. Studies show that they have no effect on blood cholesterol in the majority of people. Additionally, a massive review study that included 263,938 individuals found that egg consumption had no association with the risk of heart disease. What we're left with is one of the most nutritious foods on the planet, and the yolk is where almost all of the nutrients are found. <https://www.ncbi.nlm.nih.gov/pubmed/16340654>  
<https://www.bmj.com/content/346/bmj.e8539>  
<https://www.healthline.com/nutrition/how-many-eggs-should-you-eat>

**Equal Opportunity:** This institution is an equal opportunity provider.

\*\*\*All Grain products are WR rich.  
 \*\*\* Milk Choices included 1%, skim, flavored and white

### Free Breakfast Served Daily

**What Makes a Complete Meal:**  
 Take ½ c. fruit, vegetable or juice and two other items! included 1%, skim

**MEAL PRICING:**

Universal Breakfast	Free
Second Breakfast Full Price	\$1.75
100% Juice	\$0.50
1% or Fat Free Milk	\$0.50
Adult	\$2.25

**MENU SUBJECT TO CHANGE**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Breakfast Serving Times</b> 7:30 a.m. – 7.55 a.m.</p>	<p>1  Happy New Year!</p>	<p>2 NO SCHOOL Last Day of Break</p>	<p>3 Nutrition Bar &amp; String Cheese Or Assorted Cereal &amp; Cheese Stick</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	<p>4 Sausage Gravy &amp; Biscuit Or Assorted Donuts</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>
<p>7 Chocolate Chip Muffin Cheese Stick Or Assorted Donuts</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	<p>8 French Toast Sticks Syrup Cup Or Assorted Cereal w/ Cheese Stick</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	<p>9 Bacon Egg &amp; Cheese Breakfast Boat Or Assorted Donuts</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	<p>10 Toast &amp; Jelly Cheddar Cheese Omelet Or Assorted Cereal w/ Cheese Stick</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	<p>11 Nutrition Bar String Cheese Or Assorted Donuts</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>
<p>14 Sausage Gravy &amp; Biscuit Or Assorted Donuts</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	<p>15 Sausage Pattie on Biscuit 1 Condiment Or Assorted Cereal w/ Cheese Stick</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	<p>16 Nutrition Bar Cheese Stick Or Assorted Donuts</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	<p>17 Breakfast Pizza Or Assorted Cereal w/ Cheese Stick</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	<p>18 Sausage Pancake on a Stick Syrup Cup Or Assorted Donuts</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>
<p>21 NO SCHOOL Martin Luther King Day</p>	<p>22 Breakfast Bun Or Assorted Cereal w/ Cheese Stick</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	<p>23 Sausage Pattie on /Biscuit 1-Condiment Or Assorted Donuts</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	<p>24 Mini Pancakes/ Syrup Cup Or Assorted Cereal w/ Cheese Stick</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	<p>25 Nutrition Bar Cheese Stick Or Assorted Donuts</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>
<p>28 Scrambled Eggs Toast &amp; Jelly or Assorted Donuts</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	<p>29 Chocolate Chip Crumb Cake Or Assorted Cereal w/ Cheese Stick</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	<p>30 Bacon, Egg &amp; Cheese Breakfast Boat Or Assorted Donuts</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	<p>31 Sausage Pancake on a Stick Syrup Cup Or Assorted Cereal w/ Cheese Stick</p> <p>Cook's Choice Fruit Juice Choice Milk Choice</p>	