

JANUARY

2019



RULH MIDDLE 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
Breakfast Serving Times 7:30 a.m. – 7.55 a.m.	1 	2 NO SCHOOL Last Day of Break	3 Nutrition Bar & String Cheese Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	4 Sausage Gravy & Biscuit Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice
	7 Assorted Cereal Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	8 French Toast Sticks Syrup Cup Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	9 Bacon Egg & Cheese Breakfast Boat Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	10 Toast & Jelly Cheddar Cheese Omelet Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice
14 Sausage Gravy & Biscuit Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	15 Sausage Pattie on Biscuit 1 Condiment Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	16 Nutrition Bar Cheese Stick Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	17 Breakfast Pizza Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	18 Sausage Pancake on a Stick Syrup Cup Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice
21 NO SCHOOL Martin Luther King Day	22 Breakfast Bun Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	23 Sausage Pattie on /Biscuit 1-Condiment Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	24 Mini Pancakes/ Syrup Cup Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	25 Nutrition Bar Cheese Stick Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice
28 Egg Pattie Toast & Jelly or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	29 Assorted Cereal Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	30 Bacon, Egg & Cheese Breakfast Boat Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	31 Sausage Pancake on a Stick Syrup Cup Or Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	