



2019

Breakfast
Serving Times
7:30 a.m. – 7.55 a.m.



RULH Middle SCHOOL

Breakfast

Nutrition Tips

BREAKFAST ESSENTIAL: HEALTHY FATS

Yet another crucial ingredient to keeping you full. Healthy fats, from avocados, nuts, olive oil, etc, also help the condition of your skin and hair and your brain functioning at optimal levels—needed for those business meetings or school tests!

Sources of Healthy Fats for Breakfast:

- Nuts/Nut Butter
- Coconut Oil: use for sautéing eggs or melted into a smoothie or oatmeal bowl.
- Avocados: Use avocados on avocado toast, or as a drizzle on eggs, like in my Sweet Potato Hash.
- Eggs
- Flax Seed: Try adding 1 tablespoon flax seed to smoothies and oatmeal.
- Coconut milk, almond milk, or regular milk

What Makes a Complete Meal:

Take ½ c. fruit, vegetable or juice and two other items! included 1%, skim, I

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE		1 Egg & Cheese Biscuit Cook's Choice Fruit Juice Choice Milk Choice	2 Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	3 Assorted Cereal Graham Crackers Cook's Choice Fruit Juice Choice Milk Choice
6 Toast & Jelly Egg Pattie Cook's Choice Fruit Juice Choice Milk Choice	7 French Toast Sticks Syrup Cup Cook's Choice Fruit Juice Choice Milk Choice	8 Assorted Cereal Graham Crackers Cook's Choice Fruit Juice Choice Milk Choice	9 Biscuit Sausage Gravy Cook's Choice Fruit Juice Choice Milk Choice	10 2 Pop tarts Cook's Choice Fruit Juice Choice Milk Choice
13 Assorted Cereal Graham Crackers Cook's Choice Fruit Juice Choice Milk Choice	14 Nutrition Bar String Cheese Cook's Choice Fruit Juice Choice Milk Choice	15 Sausage Pattie Pan Roll 2 Condiment Tri Tatar Juice Choice Milk Choice	16 Assorted Donuts Cook's Choice Fruit Juice Choice Milk Choice	17 Breakfast Pizza Cook's Choice Fruit Juice Choice Milk Choice
20 Cook's Choice (2 Grain or 1 Grain/1Meat) Cook's Choice Fruit Juice Choice Milk Choice	20 Cook's Choice (2 Grain or 1 Grain/1Meat) Cook's Choice Fruit Juice Choice Milk Choice	20 Cook's Choice (2 Grain or 1 Grain/1Meat) Cook's Choice Fruit Juice Choice Milk Choice	23 Cook's Choice (2 Grain or 1 Grain/1Meat) Cook's Choice Fruit Juice Choice Milk Choice	24 STAFF INSERVICE
27 SUMMER BREAK	28 SUMMER BREAK	29 SUMMER BREAK	30 SUMMER BREAK	31 SUMMER BREAK
No Second Choice This Month				

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

Free Breakfast Served Daily

Equal Opportunity: This institution is an equal opportunity provider.