RULH Middle School

BREAKFAST Menu — January-May 2023

OTHER DAILY SELECTIONS:

Variety of Whole Grain Cereals offered daily in place of listed entrée.

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Fudge Pop Tart Mozzarella String Cheese Applesauce Cup Orange Juice Milk Choice	Mini Maple Waffles with Syrup Graham Cracker Peach Cup Orange Juice Milk Choice	Cherry Cocoa Bar Mozzarella String Cheese Cinnamon Applesauce Orange Juice Milk Choice	Biscuit and Gravy Graham Cracker Mixed Fruit Orange Juice Milk Choice	Cinnamon Bun Mozzarella String Cheese Blue Raspberry Applesauce Orange Juice Milk Choice
2	Cinnamon Pop Tart Mozzarella String Cheese Applesauce Cup Orange Juice Milk Choice	French Toast Sticks with Syrup Graham Cracker Peach Cup Orange Juice Milk Choice	Super Donut Mozzarella String Cheese Cinnamon Applesauce Orange Juice Milk Choice	Sausage Biscuit Graham Cracker Mixed Fruit Orange Juice Milk Choice	Strawberry Cream Cheese Mini Bagels Mozzarella String Cheese Blue Raspberry Applesauce Orange Juice Milk Choice
3	Strawberry Pop Tart Mozzarella String Cheese Applesauce Cup Orange Juice Milk Choice	Pancake on a Stick with Syrup Graham Cracker Peach Cup Orange Juice Milk Choice	Banana Chocolate Bar Mozzarella String Cheese Cinnamon Applesauce Orange Juice Milk Choice	Chicken Biscuit Graham Cracker Mixed Fruit Orange Juice Milk Choice	Chocolate Chip Muffin Mozzarella String Cheese Blue Raspberry Applesauce Orange Juice Milk Choice

January 2023

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

February 2023

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			

March 2023

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

April 2021

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

May 2021

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

- Week 1 Meal Plan
- Week 2 Meal Plan
- Week 3 Meal Plan
- No School