

# APRIL | 2024



## RULH Jr./Sr. High School – Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 No School ☺ Spring Break	2 No School ☺ Spring Break	3 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	4 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	5 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk
8 No School ☺ Solar Eclipse Day	9 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	10 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	11 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	12 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk
15 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	16 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	17 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	18 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	19 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk
20 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	21 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	22 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	23 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	24 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk
29 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	30 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	31 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	31 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk	31 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk

### News

**1<sup>st</sup> Breakfast Free**  
2<sup>nd</sup> Breakfast \$1.85  
Milk \$.60

Milk Choices: FF  
Chocolate, 1% White

FYI: Please fill out a new application for the lunch program each year. Last year's application will carry over for the first two weeks. You can apply online at [www.LINQconnect.com](http://www.LINQconnect.com).