



MARCH | 2024

RULH Jr./Sr. High School ALL YEAR Breakfast Menu

MONDAY

26
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

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

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

25
Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk

TUESDAY

27
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

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

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

26
Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk

WEDNESDAY

28
Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk

6
Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk

13
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

27
Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk

THURSDAY

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

7
Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk

14
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

28
Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk

FRIDAY

1
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
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

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

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

News

1st Breakfast Free

2nd 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.