

AUGUST | 2023

RULH Elementary ALL YEAR Breakfast Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>31 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>1 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>2 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>3 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>4 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>
<p>7 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>8 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>9 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>10 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>11 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>
<p>14 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>15 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>16 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>17 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>18 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>
<p>21 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>22 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>23 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>24 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>25 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>
<p>28 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>29 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>30 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>31 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>	<p>1 Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick Fruit or Juice, Milk</p>

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