

AUGUST | 2023

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



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>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</p>	<p>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</p>	<p>2 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk</p>	<p>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</p>	<p>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</p>
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>
<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>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</p>
<p>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</p>	<p>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</p>	<p>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</p>	<p>34 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk</p>	<p>35 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk</p>
<p>38 Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, Fruit or Juice, Milk</p>	<p>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</p>	<p>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</p>	<p>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</p>	<p>Sausage, Egg & Cheese on Bun, Whole Grain Donuts, Cereal, Muffins, Bagels & Cream Cheese, Mini Pancakes, Pancake Stick, Pop tarts & Cereal, 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