



**ROCKWOOD SCHOOL DISTRICT
BREAKFAST MENU
AUGUST / SEPTEMBER 2009**



BREAKFAST PRICES

PAID \$0.00
REDUCED \$0.30
ADULT \$0.00

Please Choose 3 Items for the school breakfast price!
Includes: Entrée, OR Cereal and Toast, OR Yogurt and Toast, AND Daily Choice of Fruit & DailyChoice of Milk:
1%, 2%, Lowfat Chocolate or Strawberry, and Nonfat

**MENU
SUBJECT
TO
CHANGE !**

**THIS MONTH,
COMMISSIONER
NUTRITION
INVESTIGATES
“”**



Monday	Tuesday	Wednesday	Thursday	Friday
31 <u>Breakfast Pizza</u> -OR- <u>Cereal with Toast</u>	1 <u>French Toast W/ Syrup</u> -OR- <u>Cereal with Toast</u>	2 <u>Bagel With Toppings</u> -OR- <u>Cereal with Toast</u>	3 <u>Sausage & Egg Biscuit</u> -OR- <u>Cereal with Toast</u>	4 <u>Pancakes with Syrup</u> -OR- <u>Cereal with Toast</u>
7 LABOR DAY SCHOOL CLOSED	8 <u>French Toast W/ Syrup</u> -OR- <u>Cereal with Toast</u>	9 <u>Bagel With Toppings</u> -OR- <u>Cereal with Toast</u>	10 <u>Sausage & Egg Biscuit</u> -OR- <u>Cereal with Toast</u>	11 <u>Pancakes with Syrup</u> -OR- <u>Cereal with Toast</u>
14 <u>Breakfast Pizza</u> -OR- <u>Cereal with Toast</u>	15 <u>French Toast w/ Syrup</u> -OR- <u>Cereal with Toast</u>	16 <u>Bagel with Toppings</u> -OR- <u>Cereal with Toast</u>	17 <u>Sausage & Egg Biscuit</u> -OR- <u>Cereal with Toast</u>	18 <u>Pancakes with Syrup</u> -OR- <u>Cereal with Toast</u>
21 <u>Breakfast Pizza</u> -OR- <u>Cereal with Toast</u>	22 <u>French Toast w/ Syrup</u> -OR- <u>Cereal with Toast</u>	23 <u>Bagel with Toppings</u> -OR- <u>Cereal with Toast</u>	24 <u>Sausage & Egg Biscuit</u> -OR- <u>Cereal with Toast</u>	25 <u>Pancakes with Syrup</u> -OR- <u>Cereal with Toast</u>
28 <u>Breakfast Pizza</u> -OR- <u>Cereal with Toast</u>	29 <u>French Toast w/ Syrup</u> -OR- <u>Cereal with Toast</u>	30 <u>Bagel with Toppings</u> -OR- <u>Cereal with Toast</u>		

Fruit
Choices May Include:
Apple, Orange, Banana, Dried Fruit, Fruit Juice, Fruit Cobbler, Seedless Watermelon, Applesauce, Canned Fruit



Cereal choices include:
Berry Berry Kix
Cheerios
Cinnamon Toast Crunch
French Toast Crunch
Golden Grahams
Honey Nut Cheerios
Kix
Reduced Sugar Cinnamon-Toast Crunch
Total
Total Raisin Bran
Trix Reduced Sugar
Wheaties

MyPyramid.gov
STEPS TO A HEALTHIER YOU



**Nutritious Definition
of the Month :**