

# September 2018



## Jr. - Sr. High School Breakfast

Student Paid: \$ 1.25

Reduced: \$ .25

Adult: \$ 2.55

Menu subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 Labor Day!</b>	<b>4 Superintendent's Day</b>	<b>5 Superintendent's Day</b>	<b>6 Welcome Back!</b> Sausage, Egg & Cheese On a warm Biscuit Fruit, Juice, Milk	<b>7</b> Breakfast Pizza Fruit, Juice, Milk
<b>10</b> Pancakes w/ syrup Fruit, Juice, Milk	<b>11</b> Muffin w/ string cheese Fruit, Juice, Milk	<b>12</b> Bagel w/ cream cheese Fruit, Juice, Milk	<b>13</b> French Toast w/ berries And whipped cream Fruit, Juice, Milk	<b>14</b> Breakfast Pizza Fruit, Juice, Milk
<b>17</b> Raised 'N Glazed Donuts Fruit, Juice, Milk	<b>18</b> Cheesy Scrambled Eggs Toast w/ butter Fruit, Juice, Milk	<b>19</b> English Muffin topped With ham & melted cheese Fruit, Juice, Milk	<b>20</b> Waffles w/ syrup Fruit, Juice, Milk	<b>21</b> Breakfast Pizza Fruit, Juice, Milk
<b>24</b> Bagel w/ cream cheese Fruit, Juice, Milk	<b>25</b> French Toast Sticks w/ syrup Fruit, Juice, Milk	<b>26</b> Fruit & Yogurt Parfait Muffin Fruit, Juice, Milk	<b>27</b> Fried Eggs Sausage Links & Home Fries Toast w./butter Fruit, Juice, Milk	<b>28</b> Breakfast Pizza Fruit, Juice, Milk
<b>Breakfast as easy as 1-2-3</b> <ol style="list-style-type: none"> <li>1. Milk Choice</li> <li>2. Two servings of fruit, juice or vegetable (2 must be a fruit)</li> <li>3. Two servings of whole grains OR 1 serving of whole grain with 1 serving of protein</li> </ol>	<b>Students MUST take at least 3 of the offered daily meal components and 1 MUST be a fruit. This is required by the USDA to participate in the National School Lunch Program</b>		Breakfast IS included with the free & reduced meal program.  EVERYONE should start their day with a great breakfast!	Stay "in the know" check out the Food Service page on the District's website <a href="http://www.railroaders.net">www.railroaders.net</a>

# Welcome Back!

Parents - please sign up and prepay your student's meal account at [www.myschoolbucks.com](http://www.myschoolbucks.com)