

Rogers International School Breakfast Menu October 2017



Monday	Tuesday	Wednesday	Thursday	Friday
2 Assorted WG Cereal Bars String Cheese Chilled Fruit Fresh fruit Milk Choice Assorted 100% Juice	3 Nutrigrain Bar String Cheese Chilled Fruit Fresh Fruit Milk Choice	4 Yogurt and Graham Crackers Chilled Fruit Milk Choice Assorted 100% Juice	5 Breakfast Pizza Fresh Fruit Chilled Fruit Milk Choice	6 Mini Maple Burst Pancakes Chilled Fruit Fresh Fruit Milk Choice
9 NO SCHOOL COLUMBUS DAY!	10 Whole Wheat Bagel w/ Cream Cheese Chilled Fruit Fresh Fruit Milk Choice	11 Apple Frudel Chilled Fruit Fresh Fruit Milk Choice Assorted 100% Juice	12 Egg & Cheese on a Bun Chilled Fruit Fresh Fruit Milk Choice	13 Mini Cinni French Toast Chilled Fruit Fresh Fruit Milk Choice
16 Assorted WG Cereal Bowls String Cheese Chilled Fruit Fresh Fruit Milk Choice Assorted 100% Juice	17 Nutrigrain Bar String Cheese Chilled Fruit Fresh Fruit Milk Choice	18 Yogurt and Graham Crackers Chilled Fruit Milk Choice Assorted 100% Juice	19 Breakfast Pizza Fresh Fruit Chilled Fruit Milk Choice	20 Mini Maple Madness Waffles Chilled Fruit Fresh Fruit Milk Choice
23 Assorted WG Cereal Bars String Cheese Chilled Fruit Fresh fruit Milk Choice Assorted 100% Juice	24 Whole Wheat Bagel w/ Cream Cheese Chilled Fruit Fresh Fruit Milk Choice	25 Apple Frudel Chilled Fruit Fresh Fruit Milk Choice Assorted 100% Juice	26 Egg & Cheese on a Bun Chilled Fruit Fresh Fruit Milk Choice	27 Mini Maple Burst Pancakes Chilled Fruit Fresh Fruit Milk Choice
30 Assorted WG Cereal Bowls String Cheese Chilled Fruit Fresh Fruit Milk Choice Assorted 100% Juice	31 Nutrigrain Bar String Cheese Chilled Fruit Fresh Fruit Milk Choice		Breakfast Prices: Full Paid: \$1.50 Reduced Price: \$0.30* Free Breakfast: Free* *as determined by NSLP Free/Reduced Price Application	

This institution is an equal opportunity provider and employer

BREAKFAST is
included in the
Free & Reduced
Lunch Program!!

Alternate Breakfast Available Daily

**A Whole Wheat Bagel with Cream Cheese or
Cereal Bowl & Mozzarella Cheese Stick**

We offer a variety of kid-friendly cereal choices. All cereal is whole grain.

Offered w/ Featured Fruit or Juice Sides
AND Choice of Skim or 1% Milk

*All grain items made with whole grain

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