



High School Breakfast Menu

September 2019



2

3

Cheesy Egg Biscuit
Vanilla Glazed Donut

4

Cheese & Sausage Quesadilla
Confetti Pancakes
Smoothie Day!

5

Bacon, Egg, & Cheese Muffin Sandwich
Cinnamon Raisin Bagel w/ Cream Cheese

6

Morning Kolache Stick
Banana Chocolate Chip Breakfast Cake

9

Sausage Breakfast Pizza
French Toast Sticks w/ Syrup

10

Egg, Bacon & Cheddar Flatbread Sandwich
Blueberry Muffin

11

Ham & Cheese Muffin Sandwich
Cinnamon Cream Cheese Bagels
Smoothie Day!

12

Cheesy Egg Biscuit
Maple Glazed Donut

13

Bosco Cheese Stick
Cherry Frudel

16

Sausage, Egg & Cheese Muffin Sandwich
Waffles w/ Syrup

17

Turkey Pancake Wrap
Glazed Cinnamon Roll

18

Bacon & Cheese Quesadilla
Apple Bosco Stick
Smoothie Day!

19

Cheesy Sausage & Egg Breakfast Sandwich
Strawberry Cream Cheese Bagels

20

Egg, Ham & Cheddar Flatbread Sandwich
Double Chocolate Chip Muffin

23

Cheesy Egg Biscuit
Apple Frudel

24

Egg, Bacon & Cheddar Flatbread Sandwich
Powdered Sugar Donut

25

Egg & Cheese Burrito
Blueberry Bagel w/ Cream Cheese
Smoothie Day!

26

Grilled Ham & Cheese Half
Mini Cinnis

27

Sausage Breakfast Pizza
Pancakes w/ Syrup

30

Ham, Egg, & Cheese Muffin Sandwich
Banana Muffin



Served Daily...

PB & Jelly Half
Assorted Cereals
Yogurt
String Cheese

Graham Snacks
Animal Crackers
Assorted Fruits or
100% Fruit Juice
1% or Skim White Milk
Skim Chocolate Milk

Special News...

Get your menus to go! Download the Nutrislice App on Google Play or the App Store or visit rusd.nutrislice.com/

This institution is an equal opportunity provider. Breakfast Prices:

Reduced \$0.00
Paid: \$1.25

