



# September 2019

## Middle School Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>2</b>  	<b>3</b> Cheesy Egg Biscuit  Vanilla Glazed Donut	<b>4</b> Cheese & Sausage Quesadilla  Confetti Pancakes	<b>5</b> Bacon, Egg, & Cheese Muffin Sandwich  Cinnamon Raisin Bagel w/ Cream Cheese	<b>6</b> Morning Kolache Stick  Banana Chocolate Chip Breakfast Cake	<b>Served Daily...</b>  Assorted Cereals  Yogurt  Yogurt Parfaits  Graham Snacks  String Cheese  Fresh or Canned Fruits  100% Fruit Juices  Skim or 1% White Milk  Skim Chocolate Milk  <small>Menus are subject to change without notice.</small>
<b>9</b> Sausage Breakfast Pizza  French Toast Sticks w/ Syrup	<b>10</b> Egg, Bacon & Cheddar Flatbread Sandwich  Blueberry Muffin	<b>11</b> Ham & Cheese Muffin Sandwich  Cinnamon Cream Cheese Bagels	<b>12</b> Cheesy Egg Biscuit  Maple Glazed Donut	<b>13</b> Bosco Cheese Stick  Cherry Frudel	
<b>16</b> Sausage, Egg & Cheese Muffin Sandwich  Waffles w/ Syrup	<b>17</b> Turkey Pancake Wrap  Glazed Cinnamon Roll	<b>18</b> Bacon & Cheese Quesadilla  Apple Bosco Stick	<b>19</b> Cheesy Sausage & Egg Breakfast Sandwich  Strawberry Cream Cheese Bagels	<b>20</b> Egg, Ham & Cheddar Flatbread Sandwich  Double Chocolate Chip Muffin	
<b>23</b> Cheesy Egg Biscuit  Apple Frudel	<b>24</b> Egg, Bacon & Cheddar Flatbread Sandwich  Powdered Sugar Donut	<b>25</b> Egg & Cheese Burrito  Blueberry Bagel w/ Cream Cheese	<b>26</b> Grilled Ham & Cheese Half  Mini Cinnis	<b>27</b> Sausage Breakfast Pizza  Pancakes w/ Syrup	
<b>30</b> Ham, Egg, & Cheese Muffin Sandwich  Banana Muffin					

### Middle School Breakfast Menu

#### Special News...

Get your menus to go! Download the Nutrislice App on Google Play or the App Store or visit [rusd.nutrislice.com](http://rusd.nutrislice.com)!

