



# RAL Breakfast Menu

September 2019

2



3

**Cinnamon Toast Crunch Cereal Bar  
Scooby Doo Grahams**

Craisins  
100% Fruit Juice

4

**Golden Grahams Cereal  
Cinnamon Goldfish Graham**

Applesauce Cup  
100% Fruit Juice

5

**Double Chocolate Chip Muffin  
Pretzel Goldfish**

Craisins  
100% Fruit Juice

6

**Strawberry Nutrigrain Bar  
Bug Bites**

Applesauce Cup  
100% Fruit Juice

9

**Apple Cinnamon Muffin  
Bug Bites**

Applesauce Cup  
100% Fruit Juice

10

**Cocoa Krispies Granola Bar  
Jungle Crackers**

Craisins  
100% Fruit Juice

11

**Cinnamon Toast Crunch Cereal  
Cinnamon Goldfish Graham**

Applesauce Cup  
100% Fruit Juice

12

**Golden Graham Cereal Bar  
Animal Crackers**

Craisins  
100% Fruit Juice

13

**Cinnamon Bun Crunch Crackers**

Applesauce Cup  
100% Fruit Juice

16

**Chocolate Chip Oat Bar  
Pretzel Goldfish**

Applesauce Cup  
100% Fruit Juice

17

**Cinnamon Toast Crunch Cereal Bar  
Scooby Doo Grahams**

Craisins  
100% Fruit Juice

18

**Golden Grahams Cereal  
Cinnamon Goldfish Graham**

Applesauce Cup  
100% Fruit Juice

19

**Blueberry Muffin Graham Bites**

Craisins  
100% Fruit Juice

20

**Maple Brown Sugar Bar  
Pretzel Goldfish**

Applesauce Cup  
100% Fruit Juice

23

**Cocoa Puff Cereal Bar  
Animal Crackers**

Applesauce Cup  
100% Fruit Juice

24

**Cinnamon Bun Crunch Crackers**

Craisins  
100% Fruit Juice

25

**Frosted Flakes Cereal  
Cinnamon Goldfish Graham**

Applesauce Cup  
100% Fruit Juice

26

**Apple Nutrigrain Bar  
Bug Bites**

Craisins  
100% Fruit Juice

27

**Banana Muffin  
Pretzel Goldfish**

Applesauce Cup  
100% Fruit Juice

30

**Fruity Cheerios Cereal Bar  
Animal Crackers**

Applesauce Cup  
100% Fruit Juice



### Served Daily...

- White Skim Milk
- White 1% Milk
- Skim Chocolate Milk
- Cheese Sticks

### Special News...

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