



Rim Country Middle School
October 2017
 Breakfast Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OCTOBER 2ND – 6TH
 NO SCHOOL – FALL BREAK

EAT GREAT! BUILD A BALANCED PLATE!!

- 9
 1. Pancakes & Sausage
 2. Trix Yogurt w/ String Cheese
 Fresh Fruit

- 10
 1. Double Berry Parfait
 2. Bagel & Cream Cheese
 Fresh Fruit

- 11
 1. French Toast Sticks
 2. Cereal Bar w/ String Cheese
 Fresh Fruit

- 12
 1. Blueberry Breakfast on a Stick
 2. Trix Yogurt w/ String Cheese
 Fresh Fruit

- 13
 1. Sausage Breakfast Pizza
 2. Breakfast Oatmeal Chocolate Chip Cookie
 Fresh Fruit

Assorted Cereal w/Toast Offered Daily

- 16
 1. Biscuit, Ham, Egg & Cheese
 2. Cereal Bar w/ String Cheese
 Fresh Fruit

- 17
 1. Pastry, Mini Cini's
 2. Trix Yogurt w/ String Cheese
 Fresh Fruit

- 18
 1. Pancakes & Sausage
 2. PopTart w/ String Cheese
 Fresh Fruit

- 19
 1. Chocolate Chip French Toast Mini's
 2. Cereal Bar w/ String Cheese

- 20
 1. Breakfast on a Stick
 2. Bagel & Cream Cheese
 Fresh Fruit

REMEMBER TO PICK AT LEAST THREE (3) ITEMS AND ONE MUST BE ½ CUP OF FRUIT OR JUICE

- 23
 1. Blueberry Breakfast on a Stick
 2. Trix Yogurt w/ String Cheese
 Fresh Fruit

- 24
 1. Double Berry Parfait
 2. Bagel & Cream Cheese
 Fresh Fruit

- 25
 1. Pancakes & Sausage
 2. Trix Yogurt w/ String Cheese
 Fresh Fruit

- 26
 1. French Toast Sticks
 2. Cereal Bar w/ String Cheese
 Fresh Fruit

- 27
 1. Sausage Breakfast Pizza
 2. Breakfast Oatmeal Chocolate Chip Cookie
 Fresh Fruit

Milk: FF White – 1% White – FF Chocolate

- 30
 1. Biscuit, Ham, Egg & Cheese
 2. Cereal Bar w/ String Cheese
 Fresh Fruit

- 31
 1. Pastry, Mini Cini's
 2. Trix Yogurt w/ String Cheese
 Fresh Fruit



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