

March 2019




Rockville High School Breakfast Menu

Breakfast Price \$1.95 per day



Hot Chocolate Milk will be served in the RHS Cafeteria at breakfast in March.

happiness 😊 **guaranteed**

Monday	Tuesday	Wednesday	Thursday	Friday
National School Breakfast Week - Start Your Engines with School Breakfast!				
 <p>NEW Main Entrées: Breakfast Pizza Bagel & Cream Cheese Fresh Fruit Smoothies</p>	<p>Main Entrées: Sausage Egg & Cheese Sliders Bagel & Cream Cheese Fresh Fruit Smoothies</p>	<p>NEW Main Entrées: Breakfast Burrito Bagel & Cream Cheese Fresh Fruit Smoothies</p>	<p>Main Entrées: Raspberry Cream Cheese Bar Bagel & Cream Cheese Fresh Fruit Smoothies</p>	 <p>Main Entrées: French Toast Sticks Bagel & Cream Cheese Fresh Fruit Smoothies</p>
<i>This week only, try adding a hardboiled egg to your breakfast. Hard boiled eggs are packed with protein to start your day.</i>				
<p>11</p> <p>Main Entrées: Mini Pancakes Bagel & Cream Cheese Fresh Fruit Smoothies</p>	<p>12</p> <p>Main Entrées: Breakfast Sandwich French Toast Sticks & Pancakes Bagel & Cream Cheese Fresh Fruit Smoothies</p>	<p>13</p> <p>Main Entrées: Banana Bread Bagel & Cream Cheese Fresh Fruit Smoothies</p>	<p>14</p> <p>Main Entrées: Mini Cinnis Bagel & Cream Cheese Fresh Fruit Smoothies</p>	<p>15</p> <p>Main Entrées: French Toast Sticks Bagel & Cream Cheese Fresh Fruit Smoothies</p>
<p>18</p> 	<p>19</p> <p>Main Entrées: Breakfast Sandwich French Toast Sticks & Pancakes Bagel & Cream Cheese Fresh Fruit Smoothies</p>	<p>20</p> <p>Main Entrées: Banana Bread Bagel & Cream Cheese Fresh Fruit Smoothies</p>	<p>21</p> <p>Main Entrées: Mini Cinnis Bagel & Cream Cheese Fresh Fruit Smoothies</p>	<p>22</p> <p>Main Entrées: French Toast Sticks Bagel & Cream Cheese Fresh Fruit Smoothies</p>
<p>25</p> <p>Main Entrées: Mini Pancakes Bagel & Cream Cheese Fresh Fruit Smoothies</p>	<p>26</p> <p>Main Entrées: Breakfast Sandwich French Toast Sticks & Pancakes Bagel & Cream Cheese Fresh Fruit Smoothies</p>	<p>27</p> <p>Main Entrées: Banana Bread Bagel & Cream Cheese Fresh Fruit Smoothies</p>	<p>28</p> <p>Main Entrées: Mini Cinnis Bagel & Cream Cheese Fresh Fruit Smoothies</p>	<p>29</p> <p>Main Entrées: DONUT DAY! Bagel & Cream Cheese Fresh Fruit Smoothies</p>

Breakfast Includes:
 One main entree and 1-2 sides*
 OR
 No main entree and 3-4 sides*
 *One side must be a fruit

Breakfast Sides
available daily
 Whole Grain Muffin
 Reduced-Sugar Cereal
 Graham Crackers
 Fat-Free Yogurt
 100% Fruit Juice
 Assorted Fruit Options
 Fat Free or 1% Milk



Menu subject to change without notice

Start Your Engines with School Breakfast!
 The National School Breakfast Week campaign theme, "Start Your Engines," reminds the entire school community that school breakfast provides a healthy and energizing start to the day for students. Grab your breakfast at the RHS cafeteria every morning!

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This institution is an equal opportunity provider.