



happiness 😊 **guaranteed**

January 2019


Rockville High School Breakfast Menu

Breakfast Price \$1.95 per day

Monday	Tuesday	Wednesday	Thursday	Friday
31 These items are available every day! Whole Grain Muffins, Reduced-Sugar Cereal, Graham Cracker, Fat-Free Yogurt, 100% Fruit Juice, Assorted Fruit Options, Fat Free or 1% Milk	1 	2 Main Entrées: Banana Bread Bagel & Cream Cheese Fresh Fruit Smoothies	3 Main Entrées: Mini Cinnis Bagel & Cream Cheese Fresh Fruit Smoothies	4 Main Entrées: French Toast Sticks Bagel & Cream Cheese Fresh Fruit Smoothies
7 Main Entrées: Mini Pancakes Bagel & Cream Cheese Fresh Fruit Smoothies	8 Main Entrées: Breakfast Sandwich Bagel & Cream Cheese Fresh Fruit Smoothies	9 Main Entrées: Banana Bread Bagel & Cream Cheese Fresh Fruit Smoothies	10 Main Entrées: Mini Cinnis Bagel & Cream Cheese Fresh Fruit Smoothies	11 Main Entrées: French Toast Sticks Bagel & Cream Cheese Fresh Fruit Smoothies
14 Main Entrées: Mini Pancakes Bagel & Cream Cheese Fresh Fruit Smoothies	15 Main Entrées: Breakfast Sandwich Bagel & Cream Cheese Fresh Fruit Smoothies	16 Main Entrées: Banana Bread Bagel & Cream Cheese Fresh Fruit Smoothies	17 Main Entrées: Mini Cinnis Bagel & Cream Cheese Fresh Fruit Smoothies	18 Main Entrées: French Toast Sticks Bagel & Cream Cheese Fresh Fruit Smoothies
21 No School	22 Main Entrées: Breakfast Sandwich Bagel & Cream Cheese Fresh Fruit Smoothies	23 Main Entrées: Banana Bread Bagel & Cream Cheese Fresh Fruit Smoothies	24 Main Entrées: Mini Cinnis Bagel & Cream Cheese Fresh Fruit Smoothies	25  Main Entrées: DONUT DAY! Bagel & Cream Cheese Fresh Fruit Smoothies
28 Main Entrées: Mini Pancakes Bagel & Cream Cheese Fresh Fruit Smoothies	29 Main Entrées: Breakfast Sandwich Bagel & Cream Cheese Fresh Fruit Smoothies	30 Main Entrées: Banana Bread Bagel & Cream Cheese Fresh Fruit Smoothies	31 Main Entrées: Mini Cinnis Bagel & Cream Cheese Fresh Fruit Smoothies	1 Main Entrées: French Toast Sticks Bagel & Cream Cheese Fresh Fruit Smoothies

This institution is an equal opportunity provider

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



Fruit available every morning!

Menu subject to change without notice

The Dietary Guidelines for Americans recommend that boys and girls ages 14-18 eat at least 2 cups of fruit each day. **At school, children are allowed to select two fruits at breakfast and 2 fruits at lunch to make up 2 cups of fruit.**

Vernon Public Schools
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