



Be Smart -
Eat Healthy!
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Be Healthy!!



Rocklin Unified School District ELEMENTARY BREAKFAST MENU

Breakfast Price: Regular \$1.75/Reduced \$.30

Menu Subject to Change

The Rocklin Unified School District Nutrition Services Department is dedicated to serving our students healthy and nutritious meals that meet or exceed the USDA and CDE guidelines for a complete meal. We are serving All Whole Grains with no Trans Fats, Fresh Fruits, Vegetables and delicious foods that they will love! For more information visit our website at www.rocklin.org—Choose Departments/Nutrition Services
The USDA and this institution are equal opportunity providers.

ONLINE PAYMENTS AVAILABLE: Go to MYSCHOOLBUCKS.COM!! Prepayments are a fast and easy way for students to purchase breakfast or lunch. Checks and cash are also accepted daily in the school front office or the cafeteria. Please take advantage of these easy and convenient services for your child!

GARDEN BAR INCLUDES:

Bananas, Oranges or Cupped Fruit and a Choice of a Lite Mozz String Cheese or a Yogurt Cup (4 oz Strawberry, Strawberry, Banana, or Cherry Vanilla)

APRIL 2017



IT'S COOL!
TO EAT
AT
SCHOOL!!



**NEW! Meatless
MONDAY**

**Tremendous!
TUESDAY**

**Wacky!
WEDNESDAY**

**Terrific!
THURSDAY**

**Fantastic!
FRIDAY**

**National School
Breakfast Program**

*Meals Includes choice of Entrée & Fruit Selections
& 1% White or Non Fat Chocolate Milk Daily!*

**SPRING
IS
HERE!**



**TRY OUR
FRESH
GARDEN BAR
CHOICES!!**

3
Banana Bread,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

4
Sausage Breakfast Burrito,
Variety Muffin,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

5
Cinnamon Bar,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

6
**COOK'S
CHOICE!**

7
**COOK'S
CHOICE!**



SPRING BREAK!
April 10th to April 17th



17
**NO SCHOOL!
IN SERVICE
DAY!!**

18
Sausage Hawaiian Roll,
Banana Bread,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

19
French Toast Sticks,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

20
Sausage Breakfast Pizza,
Banana Bread,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

21
Cinnamon Roll,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

24
Banana Bread,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

25
Sausage Breakfast Burrito,
Variety Muffin,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

26
Cinnamon Bar,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

27
Sausage/Cheese Omelet,
Variety Muffin,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

28
Mini Maple Pancakes,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice