



**Be Smart - Eat Healthy!**  
**Eat Smart - 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](http://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 2018



**IT'S COOL!  
 TO EAT  
 AT  
 SCHOOL!!**



<b>NEW! Meatless MONDAY</b>	<b>Tremendous! TUESDAY</b>	<b>Wacky! WEDNESDAY</b>	<b>Terrific! THURSDAY</b>	<b>Fantastic! FRIDAY</b>
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2  
 NO SCHOOL!  
 IN SERVICE DAY!!

3  
 Sausage Pancake on a Stick, Banana Bread, or WG Pop Tart Selection, Garden Bar/Milk Choice

4  
 French Toast Sticks, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice

5  
 Dutch Waffle, Banana Bread, or WG Pop Tart Selection, Garden Bar/Milk Choice

6  
 Mini Maple Pancakes, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice

9  
 Banana Bread, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice

10  
 Sausage Breakfast Burrito, Variety Muffin, or WG Pop Tart Selection, Garden Bar/Milk Choice

11  
 WG Donut, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice

12  
 Scrambled Eggs w/Bacon, Variety Muffin, or WG Pop Tart Selection, Garden Bar/Milk Choice

13  
 Cinnamon Roll, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice

16  
 Variety Muffins, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice

17  
 Sausage Pancake on a Stick, Banana Bread, or WG Pop Tart Selection, Garden Bar/Milk Choice

18  
 French Toast Sticks, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice

19  
 Dutch Waffle, Banana Bread, or WG Pop Tart Selection, Garden Bar/Milk Choice

20  
 Mini Maple Pancakes, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice

23  
 Banana Bread, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice

24  
 Sausage Breakfast Burrito, Variety Muffin, or WG Pop Tart Selection, Garden Bar/Milk Choice

25  
 WG Donut, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice

26  
 Scrambled Eggs w/Bacon, Variety Muffin, or WG Pop Tart Selection, Garden Bar/Milk Choice

27  
 Cinnamon Roll, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice

30  
 Variety Muffins, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice

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



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

**National School Breakfast Program**

