



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](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

**MAY/JUNE 2017**

**National School  
Breakfast Program**

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

**NEW! Meatless  
MONDAY**

**Tremendous!  
TUESDAY**

**Wacky!  
WEDNESDAY**

**Terrific!  
THURSDAY**

**Fantastic!  
FRIDAY**

1  
Variety Muffin,  
Bagel w/Cream Cheese,  
or WG Cereal Selection,  
Garden Bar/Milk Choice

2  
Sausage Hawaiian Roll,  
Banana Bread,  
or WG Pop Tart Selection,  
Garden Bar/Milk Choice

3  
French Toast Sticks,  
Bagel w/Cream Cheese,  
or WG Cereal Selection,  
Garden Bar/Milk Choice

4  
Sausage Breakfast Pizza,  
Banana Bread,  
or WG Pop Tart Selection,  
Garden Bar/Milk Choice

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

8  
Banana Bread,  
Bagel w/Cream Cheese,  
or WG Cereal Selection,  
Garden Bar/Milk Choice

9  
Sausage Breakfast Burrito,  
Variety Muffin,  
or WG Pop Tart Selection,  
Garden Bar/Milk Choice

10  
Cinnamon Bar,  
Bagel w/Cream Cheese,  
or WG Cereal Selection,  
Garden Bar/Milk Choice

11  
Sausage/Cheese Omelet,  
Variety Muffin,  
or WG Pop Tart Selection,  
Garden Bar/Milk Choice

12  
Mini Maple Pancakes,  
Bagel w/Cream Cheese,  
or WG Cereal Selection,  
Garden Bar/Milk Choice

15  
Variety Muffin,  
Bagel w/Cream Cheese,  
or WG Cereal Selection,  
Garden Bar/Milk Choice

16  
Sausage Hawaiian Roll,  
Banana Bread,  
or WG Pop Tart Selection,  
Garden Bar/Milk Choice

17  
French Toast Sticks,  
Bagel w/Cream Cheese,  
or WG Cereal Selection,  
Garden Bar/Milk Choice

18  
Sausage Breakfast Pizza,  
Banana Bread,  
or WG Pop Tart Selection,  
Garden Bar/Milk Choice

19  
Cinnamon Roll,  
Bagel w/Cream Cheese,  
or WG Cereal Selection,  
Garden Bar/Milk Choice

22  
Banana Bread,  
Bagel w/Cream Cheese,  
or WG Cereal Selection,  
Garden Bar/Milk Choice

23  
Sausage Breakfast Burrito,  
Variety Muffin,  
or WG Pop Tart Selection,  
Garden Bar/Milk Choice

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

25  
Sausage/Cheese Omelet,  
Variety Muffin,  
or WG Pop Tart Selection,  
Garden Bar/Milk Choice

26  
Mini Maple Pancakes,  
Bagel w/Cream Cheese,  
or WG Cereal Selection,  
Garden Bar/Milk Choice

29  
NO SCHOOL!  
MEMORIAL DAY!!  
**JUNE 5th to 8th  
COOK'S CHOICE!!**

30  
Sausage Hawaiian Roll,  
Banana Bread,  
or WG Pop Tart Selection,  
Garden Bar/Milk Choice

31  
French Toast Sticks,  
Bagel w/Cream Cheese,  
or WG Cereal Selection,  
Garden Bar/Milk Choice

1  
Sausage Breakfast Pizza,  
Banana Bread,  
or WG Pop Tart Selection,  
Garden Bar/Milk Choice

2  
Cinnamon Roll,  
Bagel w/Cream Cheese,  
or WG Cereal Selection,  
Garden Bar/Milk Choice