



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—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)

NOVEMBER 2017



IT'S COOL!
TO EAT
AT
SCHOOL!!



NEW! Meatless MONDAY

Tremendous! TUESDAY

Wacky! WEDNESDAY

Terrific! THURSDAY

Fantastic! FRIDAY

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

National School Breakfast Program



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

1
Scrambled Eggs w/Bacon,
Variety Muffin,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

3
Cinnamon Roll,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

6
Variety Muffin,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

7
Sausage Pancake on a Stick,
Banana Bread,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

8
French Toast Sticks,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

9
Dutch Waffle,
Banana Bread,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

10
NO SCHOOL!

VETERAN'S DAY!!

13
Banana Bread,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

14
Sausage Breakfast Burrito,
Variety Muffin,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

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

16
Scrambled Eggs w/Bacon,
Variety Muffin,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

17
Cinnamon Roll,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice



21

22

23



THANKSGIVING HOLIDAY!

27
Variety Muffin,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

28
Sausage Pancake on a Stick,
Banana Bread,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

29
French Toast Sticks,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

30
Dutch Waffle,
Banana Bread,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

VARIETY MUFFIN
BLUEBERRY, CHOCOLATE CHIP
AND APPLE CINNAMON
POP TART SELECTION
STRAWBERRY AND
BROWN SUGAR CINNAMON