



Be Smart - Eat Healthy!
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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)

OCTOBER 2017



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



NEW! Meatless MONDAY	Tremendous! TUESDAY	Wacky! WEDNESDAY	Terrific! THURSDAY	Fantastic! FRIDAY
<u>2</u> Banana Bread, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice	<u>3</u> Sausage Breakfast Burrito, Variety Muffin, or WG Pop Tart Selection, Garden Bar/Milk Choice	<u>4</u> WG Donut, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice	<u>5</u> Scrambled Eggs w/Bacon, Variety Muffin, or WG Pop Tart Selection, Garden Bar/Milk Choice	<u>6</u> Cinnamon Roll, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice
<u>9</u> NO SCHOOL! IN SERVICE DAY!!	<u>10</u> Sausage Pancake on a Stick, Banana Bread, or WG Pop Tart Selection, Garden Bar/Milk Choice	<u>11</u> French Toast Sticks, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice	<u>12</u> Dutch Waffle, Banana Bread, or WG Pop Tart Selection, Garden Bar/Milk Choice	<u>13</u> Mini Maple Pancakes, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice
<u>16</u> Banana Bread, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice	<u>17</u> Sausage Breakfast Burrito, Variety Muffin, or WG Pop Tart Selection, Garden Bar/Milk Choice	<u>18</u> WG Donut, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice	<u>19</u> Scrambled Eggs w/Bacon, Variety Muffin, or WG Pop Tart Selection, Garden Bar/Milk Choice	<u>20</u> Cinnamon Roll, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice
<u>23</u> Variety Muffin, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice	<u>24</u> Sausage Pancake on a Stick, Banana Bread, or WG Pop Tart Selection, Garden Bar/Milk Choice	<u>25</u> French Toast Sticks, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice	<u>26</u> Dutch Waffle, Banana Bread, or WG Pop Tart Selection, Garden Bar/Milk Choice	<u>27</u> Mini Maple Pancakes, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice
<u>30</u> Banana Bread, Bagel w/Cream Cheese, or WG Cereal Selection, Garden Bar/Milk Choice	<u>31—Halloween!</u> Sausage Breakfast Burrito, Variety Muffin, 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	Meals Includes choice of Entrée & Fruit Selections & 1% White or Non Fat Chocolate Milk Daily!	



National School Breakfast Program

