



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)

SEPTEMBER 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**



**VARIETY MUFFIN
BLUEBERRY,
CHOCOLATE CHIP
AND APPLE
CINNAMON**

**POP TART SELECTION
STRAWBERRY
AND
BROWN SUGAR
CINNAMON**

1
Mini Maple Pancakes,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

4
NO SCHOOL!
**LABOR DAY
HOLIDAY!!**

5
Sausage Breakfast Burrito,
Variety Muffin,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

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

7
Scrambled Eggs w/Bacon,
Variety Muffin,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

8
Cinnamon Roll,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

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

12
Sausage Pancake on a Stick,
Banana Bread,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

13
French Toast Sticks,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

14
Dutch Waffle,
Banana Bread,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

15
Mini Maple Pancakes,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

18
Banana Bread,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

19
Sausage Breakfast Burrito,
Variety Muffin,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

20
WG Donut,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

21
Scrambled Eggs w/Bacon,
Variety Muffin,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

22
Cinnamon Roll,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

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

26
Sausage Pancake on a Stick,
Banana Bread,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

27
French Toast Sticks,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice

28
Dutch Waffle,
Banana Bread,
or WG Pop Tart Selection,
Garden Bar/Milk Choice

29
Mini Maple Pancakes,
Bagel w/Cream Cheese,
or WG Cereal Selection,
Garden Bar/Milk Choice