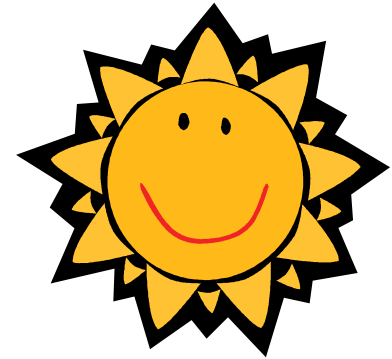




RUSD Breakfast Menu



Elementary Breakfast Schedule

Breakfast is served during AM recess break.

Please refer to your school's bell schedule for recess times.

All Students Eat Free!

Students can receive one breakfast meal with choice of fruit and Milk/Juice free of charge each day!

Middle School Breakfast Schedule

Pleasant Grove Middle School 7:30 - 7:50

Marina Village Middle School 7:30-7:50

Offered Daily: Benfit Bar & Lucky Charm Cereal with Scooby Snack

Daily Special:

Monday	Tuesday	Wednesday	Thursday	Friday
Bagel with Cream Cheese	French Toast Sticks	Dutch Waffle	Wild Mike's Breakfast Pizza	Cinnamon Roll

All breakfast meals are served with Low Fat 1% or Non Fat White milk and a selection of fresh fruit or 100% fruit juice.



ARE YOUR CHILDREN EATING THEIR 5 A DAY?

According to the USDA poor nutrition, including eating too much fat and sugar, and not eating enough fruits and vegetables affects performance in school. Poor nutrition affects children's energy levels, ability to concentrate and ability to learn. Poor nutrition also leads to increased illness and absenteeism.

This institution is an equal opportunity provider