



BREAKFAST @SCHOOL

For first-class learning!

Roth Junior High School Breakfast Menu

Featuring
Healthy Fruits
& Grains!

BREAKFAST MENU FOR MARCH 2019

This institution is an equal opportunity provider and employer.

AVAILABLE DAILY
 Choose 2 Items
 Fruit Juice, Fresh Fruit
 or dished fruit
 *Must Choose 1 Fruit Item
 Choose 1 Item
 Milk: 1% or Fat-Free White Chocolate
 Choose 2 Items
 Bagelette, muffin, cereal, yogurt
 or cheese stick

SCHOOL BREAKFAST
 START YOUR ENGINES!
 Kids! Join us March 4-8 for
 National School Breakfast Week 2019

MARCH IS NATIONAL NUTRITION MONTH

Friday, March 1
Hot Breakfast
Entrée Choices
 Plain Egg Patty (1 grain)
 Mini Cinis (2 grains)

Every complete meal we serve comes with your choice of lowfat or nonfat milk!

Monday, March 4
Hot Breakfast
Entrée Choices
 Plain Egg Patty (1 grain)
 Pillsbury Pancake Baggie (2 grains)
 National Breakfast Week Menu Specials
 WG Donut

Tuesday, March 5
Hot Breakfast
Entrée Choices
 Cheese Omelet (1 grain)
 Egg & Cheese Sandwich (2 grains)
 National Breakfast Week Menu Specials
 Hash Brown Patty

Wednesday, March 6
Hot Breakfast
Entrée Choices
 Plain Egg Patty (1 grain)
 Mini Cinis (2 grains)
 National Breakfast Week Menu Specials
 Fresh Fruit Cup

Thursday, March 7
Hot Breakfast
Entrée Choices
 Cheese Omelet (1 grain)
 Sausage & Pancake Wrap (2 grains)
 National Breakfast Menu Specials
 Chocolate Croissant with Cream Cheese

Friday, March 8
Hot Breakfast
Entrée Choices
 Plain Egg Patty (1 grain)
 Mini Cinis (2 grains)
 National Breakfast Week Menu Specials
 French Toast Sticks with Syrup

First things First

To make a breakfast, choose at least one



or



and at least three items total



**RUSH-HENRIETTA CSD
FOOD SERVICES DEPARTMENT**

Monday, March 11

**Hot Breakfast
Entrée
Choices**

Plain Egg Patty
(1 grain)

Pillsbury Pancake Baggie
(2 grains)

Tuesday, March 12

**Hot Breakfast
Entrée
Choices**

Cheese Omelet
(1 grain)

Egg & Cheese Sandwich
(2 grains)

Wednesday, March 13

**Hot Breakfast
Entrée
Choices**

Plain Egg Patty
(1 grain)

Mini Cinis
(2 grains)

Thursday, March 14

**Hot Breakfast
Entrée
Choices**

Cheese Omelet
(1 grain)

Sausage & Pancake Wrap
(2 grains)

Friday, March 15

**Hot Breakfast
Entrée
Choices**

Plain Egg Patty
(1 grain)

Mini Cinis
(2 grains)

Monday, March 18

**Hot Breakfast
Entrée
Choices**

Plain Egg Patty
(1 grain)

Pillsbury Pancake Baggie
(2 grains)

Tuesday, March 19

**Hot Breakfast
Entrée
Choices**

Cheese Omelet
(1 grain)

Egg & Cheese Sandwich
(2 grains)

Wednesday, March 20

**Hot Breakfast
Entrée
Choices**

Plain Egg Patty
(1 grain)

Mini Cinis
(2 grains)

Thursday, March 21

**Hot Breakfast
Entrée
Choices**

Cheese Omelet
(1 grain)

Sausage & Pancake Wrap
(2 grains)

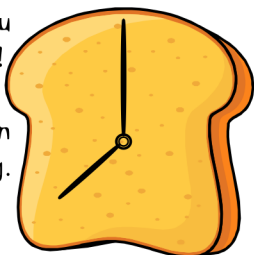
Friday, March 22



No School Today

OFF THE CLOCK.

A clock can't always tell you when it's time for breakfast! Eat at home, before you start your day. Or eat when you get where you're going. Or eat something mid-morning. Research even suggests kids learn and feel better when they eat TWO smaller healthy breakfasts.



Monday, March 25

**Hot Breakfast
Entrée
Choices**

Plain Egg Patty
(1 grain)

Pillsbury Pancake Baggie
(2 grains)

Tuesday, March 26

**Hot Breakfast
Entrée
Choices**

Cheese Omelet
(1 grain)

Egg & Cheese Sandwich
(2 grains)

Wednesday, March 27

**Hot Breakfast
Entrée
Choices**

Plain Egg Patty
(1 grain)

Mini Cinis
(2 grains)

Thursday, March 28

**Hot Breakfast
Entrée
Choices**

Cheese Omelet
(1 grain)

Sausage & Pancake Wrap
(2 grains)

Friday, March 29

**Hot Breakfast
Entrée
Choices**

Plain Egg Patty
(1 grain)

Mini Cinis
(2 grains)

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**