



First things First

BREAKFAST @SCHOOL

For first-class learning!

Roth Junior High School Breakfast Menu

Featuring Healthy Fruits & Grains!

BREAKFAST MENU FOR JANUARY 2019

This institution is an equal opportunity provider and employer.



Wednesday, January 2

Hot Breakfast
Entrée
Choices

Plain Egg Patty
(1 grain)

Mini Cinis
(2 grains)

Thursday, January 3

Hot Breakfast
Entrée
Choices

Cheese Omelet
(1 grain)

Sausage & Pancake
Wrap
(2 grains)

Friday, January 4

Hot Breakfast
Entrée
Choices

Plain Egg Patty
(1 grain)

Mini
Cinis
(2 grains)

Available Daily

Choose 2 Items

Fruit Juice, Fresh Fruit or dished Fruit

***Must Choose 1 Fruit item**

Choose 1 Item

Milk: 1% White,

Fat Free White or Chocolate

Choose 2 Items

Bagelette, Muffin, Cereal,
Yogurt or Cheese stick

Monday, January 7

Hot Breakfast
Entrée
Choices

Plain Egg Patty
(1 grain)

Pillsbury Pancake
Baggie
(2 grains)
WG Donut
(2 grains)

Tuesday, January 8

Hot Breakfast
Entrée
Choices

Cheese Omelet
(1 grain)

Egg & Cheese
Sandwich
(2 grains)

Wednesday, January 9

Hot Breakfast
Entrée
Choices

Plain Egg Patty
(1 grain)

Mini Cinis
(2 grains)

Thursday, January 10

Hot Breakfast
Entrée
Choices

Cheese Omelet
(1 grain)

Sausage & Pancake
Wrap
(2 grains)

Friday, January 11

Hot Breakfast
Entrée
Choices

Plain Egg Patty
(1 grain)

Mini
Cinis
(2 grains)

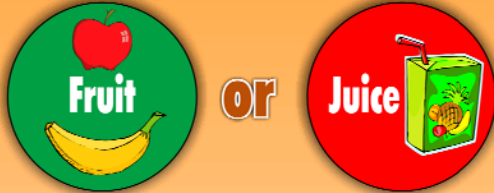
Breakfast Bites!



It's a popular breakfast choice today, but Greek yogurt hasn't really been a thing for very long. In fact, as recently as 2007, Greek yogurt accounted for less than 1% of all U.S. yogurt sales. Today, that figure is more than 50%!

First things First

To make a breakfast, choose at least one



**RUSH-HENRIETTA CSD
FOOD SERVICES DEPARTMENT**

**The original value meal
& still a fantastic deal!**

Breakfast \$1.70

Get in touch with us today to learn more about free and reduced-price meals in our district:
359-5388 or email: kstetter@rhnet.org

Monday, January 14

Hot Breakfast
Entrée
Choices

Plain Egg Patty
(1 grain)

Pillsbury Pancake
Baggie
(2 grains)

Tuesday, January 15

Hot Breakfast
Entrée
Choices

Cheese Omelet
(1 grain)

Egg & Cheese
Sandwich
(2 grains)

Wednesday, January 16

Hot Breakfast
Entrée
Choices

Plain Egg Patty
(1 grain)

Mini Cinis
(2 grains)

Thursday, January 17

Hot Breakfast
Entrée
Choices

Cheese Omelet
(1 grain)

Sausage & Pancake
Wrap
(2 grains)

Friday, January 18

Hot Breakfast
Entrée
Choices

Plain Egg Patty
(1 grain)

Mini
Cinis
(2 grains)

Monday, January 21

**MLK Holiday
School Closed**



Tuesday, January 22

Hot Breakfast
Entrée
Choices

Cheese Omelet
(1 grain)

Egg & Cheese
Sandwich
(2 grains)

Wednesday, January 23

Hot Breakfast
Entrée
Choices

Plain Egg Patty
(1 grain)

Mini Cinis
(2 grains)

Thursday, January 24

Hot Breakfast
Entrée
Choices

Cheese Omelet
(1 grain)

Sausage & Pancake
Wrap
(2 grains)

Friday, January 25

Grading Day
today



No School
Today

Monday, January 28

Hot Breakfast
Entrée
Choices

Plain Egg Patty
(1 grain)

Pillsbury Pancake
Baggie
(2 grains)

Tuesday, January 29

Hot Breakfast
Entrée
Choices

Cheese Omelet
(1 grain)

Egg & Cheese
Sandwich
(2 grains)

Wednesday, January 30

Hot Breakfast
Entrée
Choices

Plain Egg Patty
(1 grain)

Mini Cinis
(2 grains)

Thursday, January 31

Hot Breakfast
Entrée
Choices

Cheese Omelet
(1 grain)

Sausage & Pancake
Wrap
(2 grains)



**JANUARY
BIRTHDAYS**

Ellis Island (127) - Jan. 1
Bradley Cooper (44) - Jan. 5
Kate Middleton (36) - Jan. 9
Dr. Martin Luther King - Jan. 15
Drew Brees (39) - Jan. 15
Michelle Obama (54) - Jan. 17

