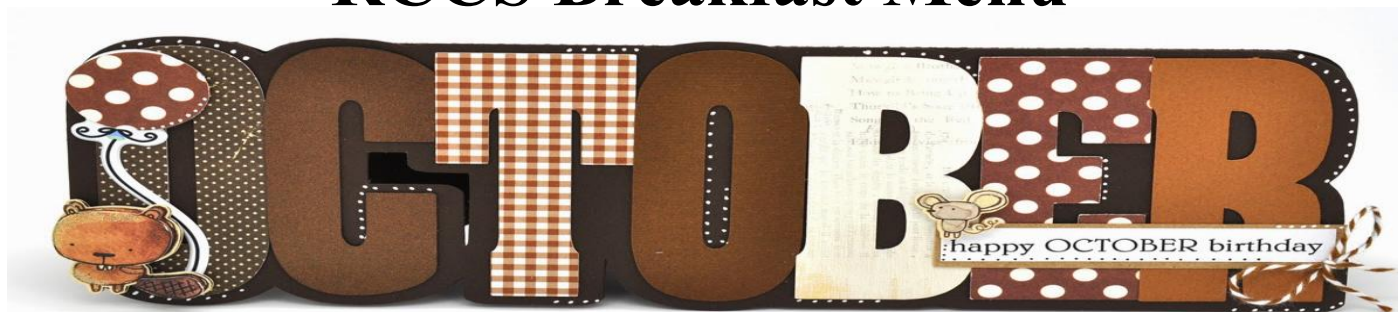


RCCS Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
			Oct - 1 Cereal Variety Bagel with Cream Cheese Fruit of the Day MILK - Variety Brkfst	Oct - 2 Breakfast Bar Fruit of the Day MILK - Variety Brkfst
Oct - 5 Cereal Variety Granola Bar Fruit of the Day MILK - Variety Brkfst	Oct - 6 Pizza Bagel (MS/HS) Veggie Crackers/Cheese (Elementary) Fruit of the Day MILK - Variety Brkfst	Oct - 7 French Toast Sticks Fruit of the Day MILK - Variety Brkfst	Oct - 8 Oatmeal Cookie Fruit of the Day MILK - Variety Brkfst	Oct - 9 Breakfast Bar Fruit of the Day MILK - Variety Brkfst
Oct - 12 No School	Oct - 13 Rice Cakes Cheese Stick Fruit of the Day MILK - Variety Brkfst	Oct - 14 Bagelfuls Fruit of the Day MILK - Variety Brkfst	Oct - 15 Graham Crackers Variety of Cereal Fruit of the Day MILK - Variety Brkfst	Oct - 16 Breakfast Bar Fruit of the Day MILK - Variety Brkfst
Oct - 19 Cereal Variety Granola Bar Fruit of the Day MILK - Variety Brkfst	Oct - 20 Sweet Potato Crackers Fruit of the Day MILK - Variety Brkfst	Oct - 21 Turkey Ham/ Cheese/ Crackers Fruit of the Day MILK - Variety Brkfst	Oct - 22 Yogurt/Granola Fruit of the Day MILK - Variety Brkfst	Oct - 23 Breakfast Bar Fruit of the Day MILK - Variety Brkfst
Oct - 26 Cereal Variety Granola Bar Fruit of the Day MILK - Variety Brkfst	Oct - 27 Belvita Fruit of the Day MILK - Variety Brkfst	Oct - 28 Muffin Fruit of the Day MILK - Variety Brkfst	Oct - 29 Croissant Fruit of the Day MILK - Variety Brkfst	Oct - 30 Breakfast Bar Fruit of the Day MILK - Variety Brkfst

Fruit of the Day may include: Apples, Oranges, Banana, Strawberries, Pears, Peaches, Melon, Pineapple, Mixed Fruit, and Juice