




RCCS Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Sep - 7</p> <p>Cereal Variety Mini Bagels/cream cheese Tangerines MILK - Variety Brkfst</p>	<p>Sep - 8</p> <p>Breakfast Kt-Cereal, graham, juice Pineapple MILK - Variety Brkfst</p>	<p>Sep - 9</p> <p>Cereal Variety Granola Bar-chewy Bananaformer MILK - Variety Brkfst</p>	<p>Sep - 10</p> <p>Cereal Variety Nature Valley Crisps Orange MILK - Variety Brkfst</p>	
<p>Sep - 13</p> <p>Cereal Variety Blueberry Muffin Orange MILK - Variety Brkfst</p>	<p>Sep - 14</p> <p>Cereal Variety Oatmeal Bar Strawberries MILK - Variety Brkfst</p>	<p>Sep - 15</p> <p>Cereal Variety Nutragrain bar Mixed Fruit, juice MILK - Variety Brkfst</p>	<p>Sep - 16</p> <p>Cereal Variety Cheddar Cheese Peaches MILK - Variety Brkfst</p>	<p>Sep - 17</p> <p>Cereal Variety Cereal Bar Juice MILK - Variety Brkfst</p>
<p>Sep - 20</p> <p>Breakfast Kit-Cereal, Animal Crackers, Juice Bananaformer MILK - Variety Brkfst</p>	<p>Sep - 21</p> <p>Cereal Variety Cinnamon Oatmeal Bar Strawberries MILK - Variety Brkfst</p>	<p>Sep - 22</p> <p>Cereal Variety Yogurt Bananaformer MILK - Variety Brkfst</p>	<p>Sep - 23</p> <p>Cereal Variety Nutragain Bar Orange MILK - Variety Brkfst</p>	<p>Sep - 24</p> <p>Cereal Variety Cereal Bar Juice MILK - Variety Brkfst</p>
<p>Sep - 27</p> <p>Cereal Variety Nutragrain Bar Green Apple slices, juice MILK - Variety Brkfst</p>	<p>Sep - 28</p> <p>Belvita Fruit Cup MILK - Variety Brkfst</p>	<p>Sep - 29</p> <p>Breakfast kit-cereal, graham crackers, juice Apple bomb MILK - Variety Brkfst</p>	<p>Sep - 30</p> <p>Cereal Variety Chewy Granola Bar Bananaformer MILK - Variety Brkfst</p>	<p>Oct- 1</p> <p>Cereal Variety Yogurt Peaches MILK - Variety Brkfst</p>

If you peel a banana from the bottom, you won't have to pick the little *"stringy things"* off of it.

That's how monkeys do it.



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HEALTHY TIP

BREAKFAST IS THE MOST IMPORTANT MEAL OF THE DAY.

While adults need to eat breakfast each day to perform their best, *kids need it even more*. Their growing bodies and developing brains rely heavily on the regular intake of food for optimum performance in school and sports.

