



Don't forget to eat your Vegetables.

Rhineland High School Breakfast Menu

February
2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

29

30

31

1

2

Ham, Egg & Cheese on an English Muffin
Banana Chocolate Loaf
Choice of Cereal
Graham Crackers
Vegetable Selection
Orange Juice

Cinnamon Roll
Mini Bagel
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Skim Milk

5

6

7

8

9

Long John
Brekkie
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Skim Milk

Pancake on a Stick
Blueberry Loaf
Choice of Cereal
Graham Crackers
Vegetable Selection
Apple Juice
Skim Milk

Breakfast Pizza
French Toast Loaf
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Skim Milk

Ham, Egg & Cheese on an English Muffin
Banana Chocolate Loaf
Choice of Cereal
Graham Crackers
Vegetable Selection
Orange Juice

Cinnamon Roll
Mini Bagel
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Skim Milk

12

13

14

15

16

Long John
Brekkie
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Skim Milk

Pancake on a Stick
Blueberry Loaf
Choice of Cereal
Graham Crackers
Vegetable Selection
Apple Juice
Skim Milk

Breakfast Pizza
French Toast Loaf
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Skim Milk

Ham, Egg & Cheese on an English Muffin
Banana Chocolate Loaf
Choice of Cereal
Graham Crackers
Vegetable Selection
Orange Juice

Cinnamon Roll
Mini Bagel
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Skim Milk

19

20

21

22

23

Long John
Brekkie
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Skim Milk

Pancake on a Stick
Blueberry Loaf
Choice of Cereal
Graham Crackers
Vegetable Selection
Apple Juice
Skim Milk

Breakfast Pizza
French Toast Loaf
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Skim Milk

Ham, Egg & Cheese on an English Muffin
Banana Chocolate Loaf
Choice of Cereal
Graham Crackers
Vegetable Selection
Orange Juice

NO SCHOOL

26

27

28

NO SCHOOL

Long John
Brekkie
Choice of Cereal
Graham Crackers
Vegetable Selection
Apple Juice
Skim Milk

Breakfast Pizza
French Toast Loaf
Choice of Cereal
Graham Crackers
Vegetable Selection
Fresh Fruit
Skim Milk



PRICES

Regular	\$1.60
Reduced	Free
Adult	\$2.15

HARVEST OF THE MONTH



EXTRA INFO

Milk choice of White or Chocolate Skim is included with breakfast.
For questions or comments, contact the Food Service Director at 715-365-9547 or email karabpat@rhineland.k12.wi.us

