



Don't forget to eat your Vegetables.

Rhineland High School Breakfast Menu

January
2018

MONDAY

New Year's Day

1

No School

TUESDAY

No School

2

No School

WEDNESDAY

Long John

Brekkie

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

THURSDAY

Ham, Egg & Cheese on a Bagel

Banana Chocolate Loaf

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice

FRIDAY

Cinnamon Roll

Mini Bagel

Choice of Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Skim Milk

Long John

Brekkie

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned 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 a Bagel

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

Long John

Brekkie

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned 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 a Bagel

Banana Chocolate Loaf

Choice of Cereal
Graham Crackers

Vegetable Selection
Orange Juice

No School

No School

No School

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

Ham, Egg & Cheese on a Bagel

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

Long John

Brekkie

Choice of Cereal
Graham Crackers

Vegetable Selection
Canned 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



Choose **MyPlate**.gov



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

