



Don't forget to eat your vegetables.

JWMS & RHS Breakfast Menu

September
2017

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Long John or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Choice of Milk

1

NO SCHOOL

4

Long John or
Choice of WG Cereal
Graham Crackers

Vegetable Select
Apple Juice
Choice of Milk

5

Breakfast Pizza or
Banana Breakfast Loaf or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Choice of Milk

6

Breakfast Sandwich or
French Toast Loaf or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Choice of Milk

7

Eggo Chocolate Chip
French Toast or
Blueberry Breakfast Loaf or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Choice of Milk

8

Long John or
Breakfast Round or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Orange Juice
Choice of Milk

11

Eggo WG Pancakes or
WG Mini Donuts or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Choice of Milk

12

Breakfast Pizza or
Banana Breakfast Loaf or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Choice of Milk

13

Breakfast Sandwich or
French Toast Loaf or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Choice of Milk

14

Eggo Chocolate Chip
French Toast or
Blueberry Breakfast Loaf or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Choice of Milk

15

Long John or
Breakfast Round or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Orange Juice
Choice of Milk

18

Eggo WG Pancakes or
WG Mini Donuts or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Choice of Milk

19

Breakfast Pizza or
Banana Breakfast Loaf or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Choice of Milk

20

Breakfast Pizza or
Banana Breakfast Loaf or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Choice of Milk

21

Eggo Chocolate Chip
French Toast or
Blueberry Breakfast Loaf or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Choice of Milk

22

Long John or
Breakfast Round or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Orange Juice
Choice of Milk

25

Eggo WG Pancakes or
WG Mini Donuts or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Choice of Milk

26

Breakfast Pizza or
Banana Breakfast Loaf or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Choice of Milk

27

Breakfast Pizza or
Banana Breakfast Loaf or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Fresh Fruit
Choice of Milk

28

Eggo Chocolate Chip
French Toast or
Blueberry Breakfast Loaf or
Choice of WG Cereal
Graham Crackers

Vegetable Selection
Apple Juice
Choice of Milk

29

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: karabpat@rhinelander.k12.wi.us or call 715-365-9547.

