Rawlins Middle School Breakfast September

Monday	Tuesday	Wednesday	Thursday	Friday
2023 This institution is an equal opportunity provider.				1 Chef Choice Cereal Fresh Veggie Fresh Fruit Yogurt Cup Graham Snack Chocolate Milk White Milk
No School Today	5 Apple Donut Cheese Stick Orange Slices Applesauce Cup Goldfish Cracker Chocolate Milk White Milk	Pancake Sausage Bites Cheese Stick Fresh Veggie Yogurt Cup Fresh Fruit Chocolate Milk White Milk	7 Cream Cheese Filled Bagel Yogurt Cup Fresh Veggie Fresh Fruit Chocolate Milk White Milk	8 Cereal Fresh Veggie Fresh Fruit Yogurt Cup Graham Snack Chocolate Milk White Milk
11 Cereal Fresh Veggie Fresh Fruit Yogurt Cup Graham Snack Chocolate Milk White Milk	12 Pancake Wrap Fresh Veggie Yogurt Cup Chilled Canned Fruit Cheese Stick Chocolate Milk White Milk	13 Breakfast Burrito Cheese Stick Chex Strawberry Yogurt Snack Fresh Veggie Fresh Fruit Chocolate Milk White Milk	14 Apple Cinnamon Muffin Yogurt Cup Fresh Veggie Canned Fruit Chex Strawberry Yogurt Snack Chocolate Milk White Milk	15 Cereal Cheese Stick Fresh Veggie Fresh Fruit Yogurt Cup Graham Snack Chocolate Milk White Milk
18 No School Today Professional Development	19 Waffle Sausage Patty Fresh Veggie Yogurt Cup Cheese Stick Chilled Canned Fruit Chocolate Milk White Milk	Maple Mini Pancakes Fresh Veggie Fresh Fruit Yogurt Cup Chocolate Milk White Milk	Blueberry Muffin Yogurt Cup Fresh Veggie Cheese Stick Canned Fruit Chocolate Milk White Milk	Cereal Cheese Stick Fresh Veggie Fresh Fruit Yogurt Cup Graham Snack Chocolate Milk White Milk
Cereal Cheese Stick Fresh Veggie Fresh Fruit Yogurt Cup Graham Snack Chocolate Milk White Milk	Chocolate Chocolate Chip Muffin Yogurt Cup Fresh Veggie Cheese Stick Canned Fruit Chocolate Milk White Milk	French Toast Sticks Fresh Veggie Fresh Fruit Yogurt Cup Chocolate Milk White Milk	28 Waffle Sausage Patty Fresh Veggie Yogurt Cup Cheese Stick Chilled Canned Fruit Chocolate Milk White Milk	29 Cereal Fresh Veggie Fresh Fruit Yogurt Cup Graham Snack Chocolate Milk White Milk

MENU SUBJECT TO CHANGE WITHOUT NOTICE

A variety of condiments available where applicable.