

2026-2027

RTSD BREAKFAST MENU

Student may substitute low sugar cereal and/or muffin for the daily entree.

Students must take at least ½ cup fruit with each meal.

Choice of milk is served with all meals.

WEEKLY

MONDAY

WG French Toast

- Turkey Sausage
- Fresh Fruit

TUESDAY

Turkey Sausage, Egg & Cheese on Croissant

- Assorted 100%
Fruit Juice

WEDNESDAY

Waffles

- 4 oz. Yogurt
- Chilled Fruit

THURSDAY

Egg & Cheese Breakfast Sandwich

- Assorted Fruit

FRIDAY

WG Pancakes

- Assorted 100%
Fruit Juice

ABBREVIATIONS

LF = LOW FAT

LS = LOW SODIUM

WW = WHOLE WHEAT

WG = WHOLE GRAIN

BREAKFAST SANDWICH CONTAINS:

- One Egg
- 0.5 oz of LF Cheese
- WG English Muffin/Bagel

PREMIUM BREAKFAST SANDWICH CONTAINS:

- One Egg
- 0.5 oz of LF Cheese
- 1 oz LF Sausage
- WG English Muffin/Bagel