

# BREAKFAST

## SEPTEMBER 2026

### RCSD Elementary School Breakfast Menu (BIC)

RCSD is an equal opportunity employer. Menu items are subject to change at any time.

Monday

Tuesday

Wednesday

Thursday

Friday

1  
Superintendent's  
Conference Day  
(No school for students)

2  
Superintendent's  
Conference Day  
(No school for students)

3  
Recess Day  
(No school for students)

4  
Recess Day  
(No school for students)

7  
Labor Day  
(All facilities closed)

8  
Cinnamon Toast Crunch  
Cereal (VG)  
Tiger Bites (V)

9  
Cinnamon Rice Chex  
Cereal  
Giant Cinnamon  
Goldfish (VG)

10  
Frosted Flakes Cereal  
Honey Graham  
Crackers(VG)

11  
Ultimate Breakfast  
Round (V)

14  
Oatmeal Apple  
Cinnamon Bar (V)

15  
Golden Grahams  
Cereal (VG)  
Tiger Bites(V)

16  
Honey Bunches of Oats  
Cereal  
Giant Cinnamon  
Goldfish (VG)

17  
Apple Cinnamon Cheerios  
Cereal (VG)  
Honey Graham Crackers  
(VG)

18  
Vanilla Yogurt  
Blueberry Pomegranate  
Granola Bar

21  
Apple  
Benefit Bar

22  
Cinnamon Toast Crunch  
Cereal (VG)  
Tiger Bites (V)

23  
Apple Cinnamon Cheerios  
Cereal (VG)  
Giant Cinnamon Goldfish  
(VG)

24  
Cinnamon Rice Chex  
Cereal  
Honey Graham  
Crackers (VG)

25  
Ultimate Breakfast  
Round (V)

28  
Oatmeal Apple  
Cinnamon Bar (V)  
Apple Benefit  
Bar

29  
Golden Grahams  
Cereal (VG)  
Tiger Bites(V)

30  
Frosted Flakes Cereal  
Giant Cinnamon Goldfish  
(VG)

**Items Offered Daily:**  
Choice of Milk: Skim, 1%, Fat Free Chocolate,  
Sun Butter & Jelly Sandwich, Fruit