

BREAKFAST

SEPTEMBER 2026 RCSD Middle School Breakfast Menu

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
Maple Waffle w/Chicken
Sausage Sandwich

9
Turkey Ham, Sausage,
Cheese & Egg Breakfast
Flatbread

10
French Toast Sticks (V)

11
Ultimate
Breakfast Round (V)

14
Oatmeal Apple Cinnamon
Bar (V)

15
Breakfast Pizza

16
Bagel w/Cream
Cheese & Jelly

17
Eggo Froot Loop
Waffles (V)

18
Vanilla Yogurt
Blueberry Pomegranate
Granola Bar

21
Apple Benefit Bar

22
Breakfast Bagel
W/Mozzarella & Eggs (V)

23
Cinnamon Toast
Crunch Filled Bar (V)

24
Buttery Maple
Snack'n Waffles (V)

25
Ultimate
Breakfast Round (V)

28
Oatmeal Apple Cinnamon
Bar (V)

29
Turkey Sausage Egg &
Cheese
Breakfast Pocket

30
Egg & Cheese
Stuffed Biscuit

Items Offered Daily:

Choice of: Milk: Skim, 1%, Fat Free Chocolate,
Sun Butter & Jelly Sandwich,
Fruit, Assorted Whole Grain Cereals, New Item