

OCTOBER 2026

RCSD High School Breakfast Menu

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

Monday
Tuesday
Wednesday
Thursday
Friday


5
Banana Chocolate
Chip Bar

6
Maple Waffle w/Chicken
Sausage Sandwich



7
Turkey Ham, Sausage
Cheese & Egg Breakfast
Flatbread

1
Mini Blueberry Pancakes

2
Mini Strawberry Bagel

8
French Toast Sticks

9
Ultimate Breakfast
Round

12
**Indigenous
Peoples'
Day**
(All facilities closed)

13
Breakfast Pizza

14
Bagel w/Cream Cheese &
Jelly

15
Eggo Froot Loop
Waffles (V)

16
Blueberry Pomegranate
Granola Bar

19
Apple Benefit Bar

20
Breakfast Bagel w/Eggs &
Turkey Breakfast
Sausage

21
Cinnamon Toast Crunch
Filled Bar (V)

22
Buttery Maple Snack'N
Waffles (V)

23
Ultimate Breakfast
Round

26
Oatmeal Apple
Cinnamon Cheerios (V)

27
Turkey Sausage Egg &
Cheese Breakfast Pocket

28
Egg & Cheese Stuffed
Biscuit

29
Mini Blueberry Pancakes

30
Mini Strawberry Bagel

(V) = Vegetarian. A food that does not contain meat, but it may contain dairy and eggs.
(VG) = Plant-based. A food that excludes all animal products.

Items Offered Daily:
Choice of: Milk: Skim, 1%, Fat Free Chocolate,
Chickpea Butter & Jelly Sandwich (VG),
Fruit, Assorted Whole Grain Cereals

Allergy information available
upon request