

OCTOBER 2019

RUDOLPH - Rudolph Elementary Learning Center

K-8 Diverse Learners Breakfast

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 <ul style="list-style-type: none"> Maple Breakfast Waffle Sandwich . Cheerios Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	2 <ul style="list-style-type: none"> Maple Burst Pancakes . Apple Cinnamon Muffin Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	3 <ul style="list-style-type: none"> Maple Oatmeal . Frosted Mini Wheats Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	4 <ul style="list-style-type: none"> French Toast Sticks Maple Syrup . Cheerios Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	5
6	7 <ul style="list-style-type: none"> Grape Crescent . Frosted Mini Wheats Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	8 <ul style="list-style-type: none"> Scrambled Eggs with Cheese Sliced Toast . Cheerios Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	9 <ul style="list-style-type: none"> Maple Oatmeal . Apple Cinnamon Muffin Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	10 <ul style="list-style-type: none"> Honey Corn Biscuit Margarine Grape Jelly . Strawberry Frosted Shredded Wheat Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	11 <ul style="list-style-type: none"> French Toast Sticks Maple Syrup . Cheerios Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	12
13 <ul style="list-style-type: none"> OFFERED DAILY We offer a rotation of vitamin and mineral-rich seasonal fresh and cupped fruits. We only use heart-healthy whole grain breads, pastas, and rice in our recipes. Our milk varieties include 1% low fat and fat-free unflavored and flavored choices. 	14	15 <ul style="list-style-type: none"> Strawberry Pancakes . Cheerios Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	16 <ul style="list-style-type: none"> Triple Berry French Toast . Blueberry Muffin Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	17 <ul style="list-style-type: none"> Maple Oatmeal . Frosted Mini Wheats Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	18 <ul style="list-style-type: none"> Eggo Mini Cinnamon Waffles . Cheerios Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	19 <ul style="list-style-type: none"> Our menus are pork-free! In peanut-free buildings, SunButter will be substituted. All menus are subject to change. Not all offerings may be available in all buildings.
20	21 <ul style="list-style-type: none"> Warm Cinnamon Toast Crunch Bar . Frosted Mini Wheats Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	22 <ul style="list-style-type: none"> Maple Breakfast Waffle Sandwich . Cheerios Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	23 <ul style="list-style-type: none"> Maple Burst Pancakes . Apple Cinnamon Muffin Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	24 <ul style="list-style-type: none"> Maple Oatmeal . Frosted Mini Wheats Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	25 <ul style="list-style-type: none"> French Toast Sticks Maple Syrup . Cheerios Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	26
27	28 <ul style="list-style-type: none"> Eggo Mini Cinnamon Waffles . Frosted Mini Wheats Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	29 <ul style="list-style-type: none"> Scrambled Eggs with Cheese Sliced Toast . Cheerios Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	30 <ul style="list-style-type: none"> Strawberry Pancakes . Blueberry Muffin Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 	31 <ul style="list-style-type: none"> Maple Oatmeal . Frosted Mini Wheats Fruit Yogurt . Fruit Variety Choice of Milk --- 1% Milk Skim Milk 		