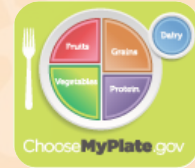


BREAKFAST

October 2014

RULE ISD

*In accordance with the Federal law and U.S. Department of Agriculture policy, this is prohibited from discriminating on the basis of race,color,national origin,sex,age or disability. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free (866)632-9992(Voice). Individuals who are hearing impaired or have speech disabilities may contact USDA through the Federal Relay Service at (800)877-8339; or (800)845-6163(Spanish). USDA is an equal opportunity provider and employer.



* **monday**

* **tuesday**

* **wednesday**

* **thursday**

* **friday**

School Information:

Milk offered Daily.
Fruit and Juice offered Daily.

French Toast
Bacon
Fruit
Juice
Milk

1

PBJ
Or Cereal
Texas Toast
Fruit
Juice Milk

2

Waffles
Sausage
Fruit
Juice
Milk

3

Sausage Roll
Yogurt
Fruit
Juice
Milk

6

Cheese Omelet
Toast Or Cereal
Fruit
Juice
Milk

7

Breakfast Pizza
Or Cereal
Texas Toast
Fruit
Juice Milk

8

Waffles
Sausage
Fruit
Juice
Milk

9

Cinnamon Roll
Bacon
Fruit
Juice
Milk

10

Pancakes
Bacon
Fruit
Juice
Milk

13

Sunrise Sandwich
Fruit
Juice
Milk

14

Biscuits
Gravy
Scrambled Eggs
Fruit
Juice Milk

15

Oatmeal
Cinnamon Toast
Or Cereal
Fruit
Juice Milk

16

Breakfast Burrito
Fruit
Juice
Milk

17

Pancake Wrap
Yogurt
Fruit
Juice
Milk

20

Chicken N Biscuit
Juice
Fruit
Milk

21

French Toast
Bacon
Fruit
Juice
Milk

22

Early Bird Sandwich
Fruit
Juice
Milk

23

Muffin Choice
Sausage
Fruit
Juice
Milk

24

Chicken N Waffles
Fruit
Juice
Milk

27

Breakfast Club
Fruit
Juice
Milk

28

Texas Toast
Scrambled Eggs
Fruit
Juice
Milk

29

Muffin
Yogurt or
PBJ
Fruit
Juice Milk

30

Breakfast Pizza
Or Cereal
Texas Toast
Fruit
Juice Milk

31