

Monday



1

Tuesday



2

Wednesday

Pop-Tart
 Yogurt
 Granola
 Honey Nut Cheerios
 Lucky Charms
 Toast
 Fruit
 Juice, Milk

3

Thursday

Breakfast Pizza
 Yogurt
 Granola
 Cocoa Puffs
 Froot Loops
 Toast
 Fruit
 Juice, Milk

4

Friday

Gravy & Biscuit
 Yogurt
 Granola
 Lucky Charms
 Cinna. Toast Crunch
 Toast
 Fruit
 Juice, Milk

5

Mini Chicken Sliders
 Yogurt
 Granola
 Honey Nut Cheerios
 Cocoa Puffs
 Toast
 Fruit
 Juice, Milk

8

Sausage Biscuit
 Yogurt
 Granola
 Cinna. Toast Crunch
 Froot Loops
 Toast
 Fruit
 Juice, Milk

9

Muffins
 Yogurt
 Granola
 Honey Nut Cheerios
 Lucky Charms
 Toast
 Fruit
 Juice, Milk

10

Breakfast Pizza
 Yogurt
 Granola
 Cocoa Puffs
 Froot Loops
 Toast
 Fruit
 Juice, Milk

11

French Toast Sticks
 Syrup
 Yogurt, Granola
 Lucky Charms
 Cinna. Toast Crunch
 Toast
 Fruit
 Juice, Milk

12



15

Yogurt
 Granola
 Ham, Egg & Cheese Slider
 Cinna. Toast Crunch
 Froot Loops
 Toast
 Fruit
 Juice, Milk

16

Mini Donuts
 Yogurt
 Granola
 Honey Nut Cheerios
 Lucky Charms
 Toast
 Fruit
 Juice, Milk

17

Breakfast Pizza
 Yogurt
 Granola
 Cocoa Puffs
 Froot Loops
 Toast
 Fruit
 Juice, Milk

18

Oatmeal
 Yogurt
 Granola
 Lucky Charms
 Cinna. Toast Crunch
 Toast
 Fruit
 Juice, Milk

19

Mini Chicken Sliders
 Yogurt
 Granola
 Honey Nut Cheerios
 Cocoa Puffs
 Toast
 Fruit
 Juice, Milk

22

Yogurt
 Granola
 Bacon, Egg, and Cheese Biscuit
 Cinna. Toast Crunch
 Froot Loops
 Toast
 Fruit
 Juice, Milk

23

Blueberry Bagel
 Cream Cheese
 Yogurt, Granola
 Honey Nut Cheerios
 Lucky Charms
 Toast
 Fruit
 Juice, Milk

24

Breakfast Pizza
 Yogurt
 Granola
 Cocoa Puffs
 Froot Loops
 Toast
 Fruit
 Juice, Milk

25

Glazed Donut
 Yogurt
 Granola
 Lucky Charms
 Cinna. Toast Crunch
 Toast
 Fruit
 Juice, Milk

26

Pancake Porky, Syrup
 Yogurt
 Granola
 Honey Nut Cheerios
 Cocoa Puffs
 Toast
 Fruit
 Juice, Milk

29

Yogurt
 Granola
 Sausage, Egg and Cheese Biscuit
 Cinna. Toast Crunch
 Froot Loops
 Toast
 Fruit
 Juice

30

Pop-Tart
 Yogurt
 Granola
 Honey Nut Cheerios
 Lucky Charms
 Toast
 Fruit
 Juice, Milk

31

Milk choices are unflavored, chocolate, strawberry and vanilla.

This menu is subject to change based on vendor availability, commodities received, inclement weather, etc.

Updated menus are available at rockcastle.kyschools.us/breakfast-lunch-menu/

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