

Monday

Tuesday

Wednesday

Thursday

Friday



5



6



7

Pillsbury Crescent
 Yogurt Cup
 Granola
 Honey Nut Cheerios
 Lucky Charms
 Toast, Jelly
 Apples
 100% Juice Cup, Milk

1

Breakfast Pizza
 Yogurt Cup
 Granola
 Cocoa Puffs
 Apple Jacks
 Toast, Jelly
 Mixed Berry Cup
 100% Juice Cup, Milk

2

Ham, Egg, Cheese Croissant
 Yogurt Cup
 Granola
 Lucky Charms
 Rice Krispies
 Toast, Jelly
 Fruit Variety
 100% Juice Cup, Milk

12

Belgian Waffles
 Syrup
 Yogurt Cup
 Granola
 Honey Nut Cheerios, Cocoa Puffs
 Toast, Jelly
 Banana
 100% Juice Cup, Milk

13

Chicken Biscuit
 Yogurt Cup
 Granola
 Rice Krispies, Apple Jacks
 Toast, Jelly
 Honey
 Grapes
 100% Juice Cup, Milk

14

Mini Donuts
 Yogurt Cup
 Granola
 Honey Nut Cheerios
 Lucky Charms
 Toast, Jelly
 Apples
 100% Juice Cup, Milk

8

Breakfast Pizza
 Yogurt Cup
 Granola
 Cocoa Puffs
 Apple Jacks
 Toast, Jelly
 Mixed Berry Cup
 100% Juice Cup, Milk

9

Scrambled Eggs, Bacon
 Yogurt Cup
 Granola
 Lucky Charms
 Rice Krispies
 Toast, Jelly
 Fruit Variety
 100% Juice Cup, Milk

15

Breakfast Pizza
 Yogurt Cup
 Granola
 Cocoa Puffs
 Apple Jacks
 Toast, Jelly
 Mixed Berry Cup
 100% Juice Cup, Milk

16

French Toast Sticks
 Syrup
 Yogurt Cup
 Granola
 Lucky Charms, Rice Krispies
 Toast, Jelly
 Fruit Variety
 100% Juice Cup, Milk

19

Pancake Porky
 Syrup
 Yogurt Cup
 Granola
 Honey Nut Cheerios, Cocoa Puffs
 Toast, Jelly
 Banana
 100% Juice Cup, Milk

20

Sausage Biscuit
 Yogurt Cup
 Granola
 Rice Krispies, Apple Jacks
 Toast, Jelly
 Honey
 Grapes
 100% Juice Cup, Milk

21



22



23



26

Belgian Waffles
 Syrup
 Yogurt Cup
 Granola
 Honey Nut Cheerios, Cocoa Puffs
 Toast, Jelly
 Banana
 100% Juice Cup, Milk

27

Bacon, Egg, Cheese Biscuit
 Yogurt Cup
 Granola
 Rice Krispies
 Apple Jacks
 Toast, Jelly
 Grapes
 100% Juice Cup, Milk

28

Pancake Sausage Sandwich
 Yogurt Cup
 Granola
 Honey Nut Cheerios
 Lucky Charms
 Toast, Jelly
 Apples
 100% Juice Cup, Milk

29

Breakfast Pizza
 Yogurt Cup
 Granola
 Cocoa Puffs
 Apple Jacks
 Toast, Jelly
 Mixed Berry Cup
 100% Juice Cup, Milk

30

Manager's Choice
 Yogurt Cup
 Granola
 Lucky Charms
 Rice Krispies
 Toast, Jelly
 Fruit Variety
 100% Juice Cup, Milk

Milk choices are 1% unflavored, 1% chocolate, 1% strawberry and 1% 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/
 USDA is an equal opportunity provider and employer.