

# September 2019

Rich Township High School District 227

**BREAKFAST**



**Menus for:**  
 Rich Central High School  
 Rich East High School  
 Rich South High School



**Nutrition Tip:** September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Reference: USDA MyPlate



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

2

3

4

5

6

*Sausage & Egg Biscuit*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

*Pancakes with Sausage*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

*French Toast with Sausage*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

*Scramble Egg Breakfast*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

9

10

11

12

13

*Sausage & Egg Biscuit*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

*Cook's Choice*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

*Pancakes with Sausage*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

*French Toast with Sausage*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

*Scramble Egg Breakfast*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

16

17

18

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20

*Sausage & Egg Biscuit*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

*Cook's Choice*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

*Pancakes with Sausage*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

*French Toast with Sausage*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

*Scramble Egg Breakfast*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

23

24

25

26

27

*Sausage & Egg Muffin*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

*Cook's Choice*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

*Pancakes with Sausage*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

*French Toast with Sausage*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

*Scramble Egg Breakfast*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*

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*Sausage & Egg Croissant*  
*Yogurt Combo*  
*Cinnamon Roll Combo*  
*Donut Combo*  
*Muffin Combo*  
*Pop Tart Combo*  
*Cereal Combo*



Menus Subject to Change  
 Without Notice!

Students Must Have An ID  
 Card to for Transactions!

