

RLS Middle School/St Helena High School

Weekly Breakfast Menu 2018 - 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Whole Grain Waffles with Syrup Sausage & Cheese on WW English Muffin	Cereal Pizza Bagel Breakfast Crisp with Vanilla Yogurt	Cereal Whole Grain French Toast with Syrup Whole Wheat Bagel with Cream Cheese	Cereal Breakfast Egg Burrito On WG Tortilla & SH Salsa Homemade WG Chocolate Chip Muffin	Cereal Sausage & Cheese on WW English Muffin Cinnamon Bun with Mozzarella Cheese stick
	<p>Student MUST take: 3 food items and 1 of the items must be a ½ cup of fruit or ½ cup of vegetable</p> <p>MAY TAKE UP TO TWO MENU ENTREES</p>	<p>MEAL PRICES: Breakfast</p> <p>Grades 6-12: \$2.50 Adults: \$4.59 (Inc. tax)</p> <p>Look For: Bagel & Cream Cheese or Fruit, Yogurt & Granola</p>		This institution is an Equal Opportunity Provider.
				

For questions or comments, please contact the Director, Angela Baxter, RD at (707) 967-2722 or abaxter@sthelenaunified.org