



**Breakfast is FREE for
all RMA am
students.**

**1% White Milk and Fat
Free Chocolate Milk
will be available with
all meals.**

**Due to nationwide
challenges in many
industries, some items
may not be available
and could be
substituted out.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1ST
Cinnamon Bun
Fruit
100% Fruit Juice

2ND
Oatmeal Cinnamon
Apple Bar
Fruit
100% Fruit Juice

3RD
Frosted Flakes or
Cinnamon Toast Crunch
With Graham Crackers
Fruit
100% Fruit Juice

4TH
PB&J
Fruit
100% Fruit

7TH
Yogurt with Granola
Fruit
100% Fruit Juice

8TH
Yogurt with Granola
Fruit
100% Fruit Juice

9TH
Concha
Fruit
100% Fruit Juice

10TH
Trix
or Cocoa Puffs with
Graham Crackers
Fruit
100% Fruit Juice

11TH
Croissant or bagel with
Jelly
Fruit
100% Fruit Juice

14TH
Cheez Its
Cheese Stick
Fruit
100% Fruit Juice

15TH
Cinnamon Bun
Fruit
100% Fruit Juice

16TH
Oatmeal Cinnamon
Apple Bar
Fruit
100% Fruit Juice

17TH
Frosted Flakes or
Cinnamon Toast Crunch
With Graham Crackers
Fruit
100% Fruit Juice

18TH
PB&J
Fruit
100% Fruit

21ST
Yogurt with Granola
Fruit
100% Fruit Juice

22ND
Yogurt with Granola
Fruit
100% Fruit Juice

23RD
Concha
Fruit
100% Fruit Juice

24TH
Trix
or Cocoa Puffs with
Graham Crackers
Fruit
100% Fruit Juice

25TH
Croissant or bagel with
Jelly
Fruit
100% Fruit Juice

28TH
Cheez Its
Cheese Stick
Fruit
100% Fruit Juice

29TH
Cinnamon Bun
Fruit
100% Fruit Juice

30TH
Oatmeal Cinnamon
Apple Bar
Fruit
100% Fruit Juice

