



# October

2009

## Breakfast

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>28</b> Cheese Pizza Fresh Apple Fresh orange Apple or Orange Juice	<b>29</b> Cheddar Cheese Omelet W/Toast Fresh Orange Raisins Apple or Orange Juice	<b>30</b> Scrambled Eggs w/Toast Fresh Orange Apricots Apple or Orange Juice	<b>1</b> Pancakes w/Sausage Fresh Orange Fruit Cup Apple or Orange Juice	<b>2</b> Cheerios or Raisin Bran w/Bun Breakfast Burrito Fresh Orange Raisins Apple or Orange Juice	<p><b>More Info...</b></p> <p><b>Available Daily:</b></p> <p><b>Skim Milk, 1% White And Low Fat Chocolate and Coffee Milk</b></p> <p><b>An Assortment Of Fresh Fruits</b></p> <p><b>Prices:</b>  <b>Adult: \$1.50</b>  <b>Student: \$1.50</b>  <b>Reduced: .30</b></p>				
<b>5</b> Cheese Pizza Egg & Cheese / Bagel Fresh Apple Apricots Apple or Orange Juice	<b>6</b> Cheerios or Raisin Bran w/Bun Breakfast Burrito Fresh Orange Raisins Apple or Orange Juice	<b>7</b> French Toast Sticks /Sausage Fresh Apple Peaches Apple or Orange Juice	<b>8</b> Scrambled Eggs w/Toast Fresh Orange Raisins Apple or Orange Juice	<b>9</b> Pancakes w/Sausage Fresh Apple Apricots Apple or Orange Juice					
<b>12</b> No School Holiday	<b>13</b> Egg & Cheese On Muffin Fresh Apple Apricots Apple or Orange Juice	<b>14</b> Cheddar Cheese Omelet W/Toast Fresh Orange Raisins Apple or Orange Juice	<b>15</b> Strawberry Yogurt w/Bagel Pancakes w/Sausage Fresh Apple Peaches Apple or Orange Juice	<b>16</b> French Toast Sticks Fresh Orange Fruit Cup Apple or Orange Juice					
<b>19</b> Cheese Pizza Fresh Orange Raisins Apple or Orange Juice	<b>20</b> Egg & Cheese/Bagel Fresh Apple Apricots Apple or Orange Juice	<b>21</b> Pancakes w/Sausage Fresh Orange Pineapple Apple or Orange Juice	<b>22</b> Cheerios or Raisin Bran w/Bun Egg & Cheese/Muffin Fresh Apple Raisins Apple or Orange Juice	<b>23</b> Scrambled Eggs w/Toast Fresh Orange Apricots Apple or Orange Juice					
<b>26</b> Cheerios or Raisin Bran w/Bagel French Toast Sticks Fresh Apple Raisins Apple or Orange Juice	<b>27</b> Egg & Cheese On Muffin Fresh Apple Apricots Apple or Orange Juice	<b>28</b> Cheddar Cheese Omelet W/Toast Fresh Orange Raisins Apple or Orange Juice	<b>29</b> Strawberry Yogurt w/Bagel Egg & Cheese/Muffin Fresh Apple Peaches Apple or Orange Juice	<b>30</b> Pancakes w/Sausage Fresh Orange Fruit Cup Apple or Orange Juice					

### RINR Menu for Johnston Senior High School



#### Special News...

With all entrees students may choose up to 3 sides: fresh fruits such as bananas, apples, or oranges, juice, and milk!

Menus are subject to change without notice.

