

February 2017

Roane County Schools (Elementary)

BREAKFAST

The following schools are approved for breakfast and lunch at NO CHARGE. **Bowers Elementary, Midway Elementary, Ridgeview Elementary.**



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Breakfast Prices:

Full Pay \$1.00

Reduced: \$0.00

Tuesday

Menus are subject to change.
"This institution is an equal opportunity provider."

Wednesday

Thursday

Friday

Pancake on Stick
 Cereal/ Toast
 Pastry Item **6**

Pancake
 Cereal/ Toast
 Pastry Item **7**

Biscuit/ Sausage or
 Chicken
 Cereal/ Toast
 Pastry Item **8**

Breakfast Pizza
 Breakfast Boat
 Cereal/ Toast
 Pastry Item **9**

Biscuit
 Egg
 Cereal/ Toast
 Pastry Item **10**

Pancake on Stick
 Cereal/ Toast
 Pastry Item **13**

French Toast
 Sticks(3)
 Cereal/ Toast
 Pastry Item **14**

Biscuit/ Sausage or
 Chicken
 Cereal/Toast
 Pastry Item **15**

Ham Breakfast
 Sandwich
 Cereal/ Toast
 Pastry Item **16**

Biscuit
 Egg
 Cereal/ Toast
 Pastry Item **17**

No School **20**

Pancake
 Cereal/ Toast
 Pastry Item **21**

Biscuit/ Sausage or
 Chicken
 Cereal/ Toast
 Pastry Item **22**

Breakfast Pizza
 Breakfast Boat
 Cereal/ Toast
 Pastry Item **23**

Biscuit
 Egg
 Cereal/ Toast
 Pastry Item **24**

Pancake on Stick
 Cereal/ Toast
 Pastry Item **27**

French Toast
 Sticks(3)
 Cereal/ Toast
 Pastry Item **28**

Served Daily:
 Fresh Fruit or Chilled Fruit
 Fruit Juice
 Milk Variety
 Pastry and Grain Items

