

February 2017

Roane County Schools (Middle)

BREAKFAST

The following schools are approved for breakfast and lunch at NO CHARGE. **Harriman Middle, Rockwood Middle.**



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 **6**
 Biscuit/ Sausage or Chicken
 Cereal/ Toast
 Pastry Item

Pancake **7**
 Cereal/ Toast
 Pastry Item

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

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

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

Pancake on Stick **13**
 Biscuit/ Sausage or Chicken
 Cereal/ Toast
 Pastry Item

French Toast **14**
 Sticks(3)
 Cereal
 Pastry/ Grain Items

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

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

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

No School **20**

Pancake **21**
 Cereal/ Toast
 Pastry Item

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

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

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

Pancake on Stick **27**
 Biscuit/ Sausage or Chicken
 Cereal/ Toast
 Pastry Item

French Toast **28**
 Sticks(3)
 Cereal
 Pastry/ Grain Items

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

