



# RUIDOSO MIDDLE SCHOOL BREAKFAST MENU

Serving Breakfast: 8:20 – 8:50 Monday - Friday

## Weekly Specials

*Includes Choice of 1 Entrée, Fruit, Juice and Milk*

- Monday: French Toast Sticks or Bagel Sandwich<sup>P</sup>
- Tuesday: Breakfast Pizza<sup>P</sup> or Bagel Sandwich<sup>P</sup>
- Wednesday: Homemade Muffin Square or Bagel Sandwich<sup>P</sup>
- Thursday: Breakfast Burrito<sup>P</sup> or Bagel Sandwich<sup>P</sup>
- Friday: Cinnamon Roll or Bagel Sandwich<sup>P</sup>



Choose **MyPlate**.gov

### Build a Healthy Plate

*Make half your plate  
fruits and vegetables  
Make at least half your  
grains, whole  
Vary your protein choices  
Switch to skim or 1% milk*

For more information go to  
[www.choosemyplate.gov](http://www.choosemyplate.gov)

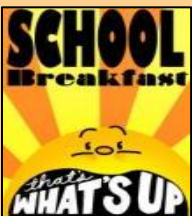
## Cold Breakfast

*Choice of 1 Includes Fruit, Juice and Milk*

- Breakfast Bagel with Low Fat Cream Cheese
- Pop Tart
- Yogurt Parfait with Granola
- Assorted Cold Cereal with Goldfish Cracker



Serving  
Breakfast  
Monday – Friday  
8:20 AM to 8:50 AM



The Breakfast Menu follows the guidelines of the SBP  
For a complete breakfast meal  
Choose at least 3 of 4 Foods Offered

- Grains
  - Protein (Meat/Meat Alternate)
  - Juice
  - Fruit Choice
  - ½ Pint Milk
- Please choose 3 different items

**Menu Key:** T = Contains Turkey  
P = Contains Pork • N = Contains Nuts • WG = Whole Grain

### Breakfast Prices

Student Full	\$1.00
Student Reduced	\$ .25
Adult	\$2.00
Second Entrée	\$1.00
Milk	\$0.50

Interested in receiving  
monthly "Nutritional  
News" via e-mail?  
Email the FSD and put  
"Nutrition News"  
in the subject line