



**MCBAIN RURAL  
AGRICULTURAL SCHOOL**  
"FEEL THE WHEEL"

**RAMBLER CAFÉ BREAKFAST PRICING:**

**K-5 \$ FREE**  
**Milk Only \$ .75**

**Elementary Breakfast Menu 2022/2023**  
**Updated: 1/10/23**

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>One</b>	<b>Cinnamon Toast Crunch Cheese Stick</b> Craisins Juice Box Milk	<b>Blueberry Muffin</b> Apple Slices Juice Box Milk	<b>Benefit Bar</b> Banana Juice Box Milk	<b>Mini Cinnis</b> Applesauce Cup Juice Box Milk	<b>Lucky Charms Gogurt</b> Clementines Juice Box Milk
<b>Two</b>	<b>Cocoa Krispies Cheese Stick</b> Craisins Juice Box Milk	<b>Chocolate Chocolate Chip Muffin</b> Apple Slices Juice Box Milk	<b>Educational Snacks</b> Banana Juice Box Milk	<b>Powdered Donut Holes</b> Applesauce Cup Juice Box Milk	<b>Golden Grahams Cereal Bar Gogurt</b> Clementines Juice Box Milk
<b>Three</b>	<b>Honey Nut Cheerios Cheese Stick</b> Craisins Juice Box Milk	<b>Banana Nut Muffin</b> Apple Slices Juice Box Milk	<b>Mini Waffles</b> Banana Juice Box Milk	<b>Mini Cinnis</b> Applesauce Cup Juice Box Milk	<b>Rice Chex Gogurt</b> Clementines Juice Box Milk
<b>Four</b>	<b>Frosted Flakes Cheese Stick</b> Craisins Juice Box Milk	<b>Homemade Muffin</b> Apple Slices Juice Box Milk	<b>Nutrigrain Bar</b> Banana Juice Box Milk	<b>Glazed Donut Holes</b> Applesauce Cup Juice Box Milk	<b>Trix Cereal Bar Gogurt</b> Clementines Juice Box Milk

**Daily Milk Choices:**  
**1% White Milk & Skim White Milk**

**Students are encouraged to try the daily fruits and vegetables offered. Select at least ½ cup of fruit or vegetable to make it a meal.**

