



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

**6-12 Breakfast Menu 2022-2023**  
**Updated 1/10/23**

**RAMBLER CAFÉ MEAL PRICING**

6-12	\$2.00
Reduced Price	\$ .30
Milk Only	\$ .75

*Cheese Stick and Yogurt are available daily*

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>One</b>	Cereal or Asst. Muffins Asst. Fruit Juice Box Milk	Cereal OR Benefit Bar Asst. Fruit Juice Box Milk	Cereal OR Breakfast Pizza Asst. Fruit Juice Box Milk	Cereal OR Yogurt Parfait Asst. Fruit Juice Box Milk	Cereal OR Mini Pancakes Asst. Fruit Milk
<b>Two</b>	Cereal OR Asst. Muffins Asst. Fruit Juice Box Milk	Cereal OR Donuts Asst. Fruit Juice Box Milk	Cereal OR Colby Cheese Omelet w/ English Muffin Asst. Fruit Juice Box Milk	Cereal OR Frudel Asst. Fruit Juice Box Milk	Cereal OR Waffles Asst. Fruit Juice Box Milk
<b>Three</b>	Cereal OR Asst. Muffins Asst. Fruit Juice Box Milk	Cereal OR PopTarts Asst. Fruit Juice Box Milk	Cereal OR Breakfast Tacos Asst. Fruit Juice Box Milk	Cereal OR Pancake Wrap Asst. Fruit Juice Box Milk	Cereal OR Mini Pancakes Asst. Fruit Juice Box Milk
<b>Four</b>	Cereal OR Asst. Muffins Asst. Fruit Juice Box Milk	Cereal OR Overnight Oats Asst. Fruit Juice Box Milk	Cereal OR Uncrustable Breakfast Sandwich Asst. Fruit Juice Box Milk	Cereal OR WG Cinnamon Roll Asst. Fruit Juice Box Milk	Cereal OR Waffle Grilled Cheese Asst. Fruit 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.

