



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

**6-12 Breakfast Menu 2023-2024**

*Updated 9/2023*

**RAMBLER Grab-N-Go Breakfast- FREE**  
We will be offering Asst. Cereal, Asst Muffins, Benefit Bars and PB sandwiches every day, along with another entrée (follow menu). They must take one entrée and a fruit to be considered a reimbursable meal. They can add a milk also.  
**NO ALA CARTE AT THIS TIME**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
One	<b>Poptart</b> Asst. Fruit Juice Box Milk	<b>Powdered Donut Holes</b> Asst. Fruit Juice Box Milk	<b>Breakfast Sandwich</b> Asst. Fruit Juice Box Milk	<b>Yogurt Parfait</b> Asst. Fruit Juice Box Milk	<b>Apple Frudel</b> Asst. Fruit Juice Box Milk
Two	<b>Pancake Wrap</b> Asst. Fruit Juice Box Milk	<b>Cinnamon Roll</b> Asst. Fruit Juice Box Milk	<b>Breakfast Sandwich</b> Asst. Fruit Juice Box Milk	<b>Smoothie</b> Asst. fruit Juice Box Milk	<b>Mini Bagel with Cream Cheese</b> Asst. Fruit Juice Box Milk
Three	<b>Poptart</b> Asst. Fruit Juice Box Milk	<b>Blueberry Donut Holes</b> Asst. Fruit Juice Box Milk	<b>Breakfast Sandwich</b> Asst. Fruit Juice Box Milk	<b>Yogurt Parfait</b> Asst. Fruit Juice Box Milk	<b>Mini Cinnis</b> Asst. Fruit Juice Box Milk
Four	<b>Mini Pancakes/Waffles</b> Asst. Fruit Juice Box Milk	<b>Bagels with PB Cup</b> Asst. Fruit Juice Box Milk	<b>Breakfast Sandwich</b> Asst. Fruit Juice Box Milk	<b>Smoothie</b> Asst. Fruit Juice Box Milk	<b>Chocolate Filled Crescent</b> Asst. Fruit Juice Box Milk

**Daily Milk Choices:**  
1% White Milk & 1% chocolate 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.

