

**Robert Treat  
Academy Charter School**  
Breakfast Menu *August 2018*

**Get a Healthy Start to Your Day with School Breakfast!**

**Available Daily**  
**Assorted Cereal with Graham Crackers**  
Assorted Fruit  
100% Juice  
Low Fat Milk Choice

Did you know, if you are approved for free or reduced lunch, you are also eligible for breakfast!

**Student Breakfast \$1.50**  
**Adult Breakfast \$2.25**  
**Reduced Breakfast \$0.30**

**NUTRITION NEWS:**

Did you know August is National Family Fun Month? Studies show children are more likely to eat their meal if they are involved in the process. Invite your child to help chop vegetables for a side dish or mix together ingredients for a fruit salad. Whether your child is 3 or 12 there are a variety of tasks kids can help with based on their skillset! Make meal preparation and dinnertime more fun by getting the kids involved!



Monday	Tuesday	Wednesday	Thursday	Friday
<i>We Hope You Enjoyed Your Summer Vacation!</i>		<b>1 WELCOME BACK</b> Waffles with Syrup Assorted Fruit 100% Fruit Juice Low Fat Milk Choice	<b>2 Sausage &amp; Cheese Biscuit</b> Assorted Fruit 100% Fruit Juice Low Fat Milk Choice	<b>3 Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Low Fat Milk Choice
<b>6 Assorted Cereals with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Low Fat Milk Choice	<b>7 Assorted Muffins</b> Assorted Fruit 100% Fruit Juice Low Fat Milk Choice	<b>8 Yogurt Parfait with Granola</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>9 Pancakes with Syrup</b> Assorted Fruit 100% Fruit Juice Low Fat Milk Choice	<b>10 Bagel with Cream Cheese</b> Assorted Fruit 100% Fruit Juice Low Fat Milk Choice
<b>13 Assorted Cereals with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Low Fat Milk Choice	<b>14 Breakfast Rings</b> Assorted Fruit 100% Fruit Juice Low Fat Milk Choice	<b>15 Waffles with Syrup</b> Assorted Fruit 100% Fruit Juice Low Fat Milk Choice	<b>16 Sausage &amp; Cheese Biscuit</b> Assorted Fruit 100% Fruit Juice Low Fat Milk Choice	<b>17 School Closed</b>
<b>20 Assorted Cereals with Graham Crackers</b> Assorted Fruit 100% Fruit Juice Low Fat Milk Choice	<b>21 Assorted Muffins</b> Assorted Fruit 100% Fruit Juice Low Fat Milk Choice	<b>22 Yogurt Parfait with Granola</b> Assorted Fruit 100% Fruit Juice Milk Selection	<b>23 Pancakes with Syrup</b> Assorted Fruit 100% Fruit Juice Low Fat Milk Choice	<b>24 School Closed</b>
<b>27 School Closed</b>	<b>28 School Closed</b>	<b>29 School Closed</b>	<b>30 School Closed</b>	<b>31 School Closed</b>

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MENU SUBJECT TO CHANGE  
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