



Kale

Kale offers an abundance of nutrients that support heart health, including potassium, fiber, folate, and calcium. Kale can reduce the risk of heart disease by helping lower LDL cholesterol. Enjoy sauteed or as kale chips.

**Meal Prices
Breakfast**

6-8: Free
Adults: \$4.59
(includes tax)

RLS Breakfast Menu February 2024



Monday	Tuesday	Wednesday	Thursday	Friday
Student MUST take:				
3 food items and 1 item must be a ½ cup of fruit or ½ cup of vegetable	Cereal will be available daily upon request		Whole Grain Bagel with cream cheese	French Toast w/syrup
5	6	7	8	9
Fresh Baked Scone	Whole Grain Muffin with cheese stick	Concha (Mexican Bread)	Waffles with syrup	Whole Grain Bagel with cream cheese
12	13	14	15	16
Yogurt with Granola Fresh Fruit	Sausage & cheese on English Muffin	Happy Valentine's Day! Whole Grain Cinnamon Bun	Recovery Day No School	President's Day No School
19	20	21	22	23
President's Day No School	Concha (Mexican Bread)	Whole Grain Muffin with cheese stick	Pancakes with syrup	Whole Grain Bagel with cream cheese
26	27	28	29	
Yogurt with Granola Fresh Fruit	Sausage & cheese on English Muffin	Whole Grain Cinnamon Roll	Whole Grain Bagel with cream cheese	

All meals include Clover Milk (1% or Fat Free white milk or Fat Free chocolate), Fruit/Juice and/or Vegetables and Whole Grain Breads. Menu is subject to change. This institution is an Equal Opportunity Provider. If you have questions or suggestions please contact the Director: Angela Baxter, RD at 967-2722 or abaxter@sthelenaunified.org.