














January 2018





Elementary Breakfast

Prepay online at www.myschoolbucks.com! *All meals are served with 1% low-fat free milk or nonfat chocolate milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
No School 1 	 French Toast Breakfast Bar or Breakfast Classics 100% Fresh Juice Fresh Fruit 2	 Breakfast Pizza or Breakfast Classics 100% Fresh Juice Fresh Fruit 3	 Mini Cinnis or Breakfast Classics 100% Fresh Juice Fresh Fruit 4	 Hot Oatmeal with Apple Slices or Breakfast Classics 100% Fresh Juice Fresh Fruit 5	Calories: 417 Total Fat: 7.7g Sat. Fat: 2.3g Fiber: 5.1g Sodium: 406mg
 RED DOT DAY!!! 8 Breakfast Bun or Breakfast Classics 100% Fresh Juice Fresh Fruit	 Oatmeal Chocolate Chip Breakfast Bar or Breakfast Classics 100% Fresh Juice Fresh Fruit 9	 Apple Frudel or Breakfast Classics 100% Fresh Juice Fresh Fruit 10	 Breakfast Sandwich or Breakfast Classics 100% Fresh Juice Fresh Fruit 11	 Mini Waffles or Breakfast Classics 100% Fresh Juice Fresh Fruit 12	Calories: 408 Total Fat: 7.5g Sat. Fat: 2.3g Fiber: 5.0g Sodium: 416mg
No School 15	 Cherry Frudel or Breakfast Classics 100% Fresh Juice Fresh Fruit 16	 Banana Chocolate Chip Breakfast Bar or Breakfast Classics 100% Fresh Juice Fresh Fruit 17	 Mini Cinnis or Breakfast Classics 100% Fresh Juice Fresh Fruit 18	 Yogurt Parfait or Breakfast Classics 100% Fresh Juice Fresh Fruit 19	Calories: 411 Total Fat: 7.7g Sat. Fat: 2.2g Fiber: 4.9g Sodium: 398mg

Meal Price:
 Full Price—2.00
 Reduced Price—No Charge
 Milk a la Carte—\$0.50














Redondo Beach USD
 is getting **GREENER!**
 *We now use recyclable paper trays in all our cafeterias

Menu Key:
 Meatless Option
 Contains Beef
 Contains Pork
 Whole Grain
 *Menu Subject to Change

January 2018

Elementary Breakfast

Visit us on the web at www.rbusd.org/childnutrition www.myschoolbucks.com *all meals served with 1% low fat free milk or fat free chocolate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKLY AVERAGE
 22 French Toast Breakfast Bar or Breakfast Classics 100% Fresh Juice Fresh Fruit	 23 Breakfast Pizza or Breakfast Classics 100% Fresh Juice Fresh Fruit	 24 Breakfast Bun or Breakfast Classics 100% Fresh Juice Fresh Fruit	 25 Breakfast Sandwich or Breakfast Classics 100% Fresh Juice Fresh Fruit	 26 Hot Oatmeal with Apple Slices or Breakfast Classics 100% Fresh Juice Fresh Fruit	Calories: 411 Total Fat: 7.6g Sat. Fat: 2.3g Fiber: 5.1g Sodium: 421mg
 29 Berry Blast French Toast Syrup Packet or Breakfast Classics 100% Fresh Juice Fresh Fruit	 30 Oatmeal Chocolate Chip Breakfast Bar or Breakfast Classics 100% Fresh Juice Fresh Fruit	 31 Mini Cinnis or Breakfast Classics 100% Fresh Juice Fresh Fruit			Calories: 421 Total Fat: 7.9g Sat. Fat: 2.3g Fiber: 4.9g Sodium: 414mg
<p>Monday, January 8th is Red Dot Day!</p> <p>Students are invited to come in & enjoy a delicious & healthy breakfast! If they find a Red Dot on the bottom of your breakfast tray, they will win a special prize!</p>			All students must select a 1/2 cup of fruit! 		

Offered Daily

Breakfast Classics:
 WG Plain Bagel +
 Cream Cheese

WG Cereal Selections

 WG Muffins

Redondo Beach Unified School District

This institution is an equal opportunity provider.

Can't make it to breakfast before the start of school?
 A second chance breakfast is offered daily in the cafeteria during the students' recess times at the following schools:
 Beryl, Birney, Jefferson, Lincoln, Madison & Washington.