



# OCTOBER | 2017

## RANDOLPH SOUTHERN BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> BREAKFAST SLIDERS JUICE FRUIT MILK	<b>3</b> STRING CHEESE GRAHAM CRACKERS JUICE FRUIT MILK	<b>4</b> CEREAL RAISINS FRUIT MILK	<b>5</b> PANCAKES/SYRUP JUICE FRUIT MILK	<b>6</b> POPTART JUICE FRUIT MILK
<b>9</b> FALL BREAK  NO SCHOOL	<b>10</b> FALL BREAK  NO SCHOOL	<b>11</b> FALL BREAK  NO SCHOOL	<b>12</b> FALL BREAK  NO SCHOOL	<b>13</b> FALL BREAK  NO SCHOOL
<b>16</b> FRENCH TOAST STICKS/SYRUP JUICE FRUIT MILK	<b>17</b> MUFFIN JUICE FRUIT MILK	<b>18</b> CEREAL JUICE FRUIT MILK	<b>19</b> DONUT JUICE FRUIT MILK	<b>20</b> MINI CINNIS JUICE FRUIT MILK
<b>23</b> EGG SANDWICH JUICE FRUIT MILK	<b>24</b> POPTART JUICE FRUIT MILK	<b>25</b> WAFFLICIOUS WEDNESDAY  WAFFLE W/FRUIT JUICE MILK	<b>26</b> PEANUT BUTTER SANDWICH JUICE FRUIT MILK	<b>27</b> YOGURT GRAHAM CRACKERS JUICE FRUIT MILK
<b>30</b> PANCAKES/SYRUP JUICE FRUIT MILK	<b>31</b> CHEESE OMELET BISCUIT/JELLY JUICE FRUIT MILK			

**News**

**It has been documented that students who eat a nutritious breakfast every morning do better on test scores and handle the stresses of the day better. Randolph Southern offers breakfast from 7:40 – 8:05 every morning. Come join us. Cost is free to those who qualify, .30 for reduced pay students and \$1.45 for full pay. Take the stress of the morning away and have your child eat breakfast at school.**