



# Good Morning!

## Rodman Early Childhood Program

### Breakfast Menu

### January 2024

**Monday**

Cereal

**Tuesday**

Bagel and Cream Cheese

**Wednesday**

Cereal

**Thursday**

Bagel and Cream Cheese

**Friday**

Graham Crackers /Yogurt

All Breakfasts Served with Fresh Fruit/Juice and Milk

**Meals Are Free For All Students This Year**

*All Meals Offered are Nutritionally Balanced and Include 3 Components*

*Fruit, Grain and Milk .*

*We support and encourage students to make food selections from each of the Components offered every Day!*

*Selecting at least 3 components and having at least one component be a fruit serving makes it a Reimbursable Meal!*

If your child has food allergies, please contact your child's School Nurse and the Food Service Director, Martha Lawless. A Dr.'s note is required for us to provide a meal.