

BREAKFAST MENU

OCTOBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Plain French Toast Scrambled Eggs Whole Wheat Bread Turkey Breakfast Sausage Patty Cantaloupe 1% Low Fat Milk Pancake Syrup		31 Scrambled Eggs w/ Red Peppers & Onions Pancakes Whole Wheat Bread Turkey Breakfast Sausage Patty Orange 1% Low Fat Milk Pancake Syrup	1	2 Oatmeal (1 cup) Scrambled Eggs Home Fries w/ Peppers & Onions Whole Wheat Bread Apple 1% Low Fat Milk Ketchup (packet)
5 Scrambled Eggs w/ Red Peppers & Onions Pancakes Whole Wheat Bread Turkey Breakfast Sausage Patty Orange 1% Low Fat Milk Pancake Syrup	6	7 Oatmeal (1 cup) Scrambled Eggs Home Fries w/ Peppers & Onions Whole Wheat Bread Apple 1% Low Fat Milk Ketchup (packet)	8	9 Plain French Toast Scrambled Eggs Whole Wheat Bread Turkey Breakfast Sausage Patty Cantaloupe 1% Low Fat Milk Pancake Syrup
12 Oatmeal (1 cup) Scrambled Eggs Home Fries w/ Peppers & Onions Whole Wheat Bread Apple 1% Low Fat Milk Ketchup (packet)	13	14 Plain French Toast Scrambled Eggs Whole Wheat Bread Turkey Breakfast Sausage Patty Cantaloupe 1% Low Fat Milk Pancake Syrup	15	16 Scrambled Eggs w/ Red Peppers & Onions Pancakes Whole Wheat Bread Turkey Breakfast Sausage Patty Orange 1% Low Fat Milk Pancake Syrup
19 Plain French Toast Scrambled Eggs Whole Wheat Bread Turkey Breakfast Sausage Patty Cantaloupe 1% Low Fat Milk Pancake Syrup	20	21 Scrambled Eggs w/ Red Peppers & Onions Pancakes Whole Wheat Bread Turkey Breakfast Sausage Patty Orange 1% Low Fat Milk Pancake Syrup	22	23 Oatmeal (1 cup) Scrambled Eggs Home Fries w/ Peppers & Onions Whole Wheat Bread Apple 1% Low Fat Milk Ketchup (packet)
26 Scrambled Eggs w/ Red Peppers & Onions Pancakes Whole Wheat Bread Turkey Breakfast Sausage Patty Orange 1% Low Fat Milk Pancake Syrup	27	28 Oatmeal (1 cup) Scrambled Eggs Home Fries w/ Peppers & Onions Whole Wheat Bread Apple 1% Low Fat Milk Ketchup (packet)	29	30 Plain French Toast Scrambled Eggs Whole Wheat Bread Turkey Breakfast Sausage Patty Cantaloupe 1% Low Fat Milk Pancake Syrup

MENU SUBJECT TO CHANGE

RSS is a Congregate Meal Site. Meals are intended to be consumed on-site. If a participant chooses to take home an uneaten portion of their meal in their own container, they assume responsibility for the safe handling, storage, and consumption of that food. RSS is not responsible for food taken from the premises.