

October 2017

Richfield Elementary School

BREAKFAST



School Information: Middle School Classroom
Breakfast. \$1.85 all meals come with milk.
 Menu Subject to change. This institution is an
 equal opportunity provider and employer.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods.
 Go light on the meat and top your pizza with vegetables like tomatoes,
 onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Whole Grain Strawberry
 Or Brown Sugar Cinnamon
 Pop Tart **2**

String cheese
 Craisins / Juice cup

Tuesday

Whole Grain Banana
 Bread **3**

String Cheese
 Craisins / Juice Cup

Wednesday

Whole Grain Chocolate
 Chip Ubr **4**

String Cheese
 Craisins / Juice Cup

Thursday

Whole Grain Blueberry
 Muffin **5**

String Cheese
 Craisins / Juice Cup

Friday

Whole Grain Cinnamon
 Roll **6**

Available in Café Only!!!

Whole Grain Strawberry
 Or Brown Sugar Cinnamon
 Pop Tart **9**

String cheese
 Craisins / Juice cup

Whole Grain Chocolate
 Chip Ubr **10**

String Cheese
 Craisins / Juice Cup

Whole Grain Banana
 Bread **11**

String Cheese
 Craisins/ Juice Cup

Whole Grain Chocolate
 Chip Muffin **12**

String Cheese
 Craisins/ Juice Cup

Whole Grain Cinnamon
 Roll **13**

Available in Café Only!!!

Whole Grain Strawberry
 Or Brown Sugar Cinnamon
 Pop Tart **16**

String cheese
 Craisins / Juice cup

Whole Grain Banana
 Bread **17**

String Cheese
 Craisins / Juice Cup

Whole Grain Chocolate
 Chip Ubr **18**

String Cheese
 Craisins/ Juice Cup

No school **19**

No School **20**

Whole Grain Strawberry
 Or Brown Sugar Cinnamon
 Pop Tart **23**

String cheese
 Craisins / Juice cup

Whole Grain Chocolate
 Chip Ubr **24**

String cheese
 Craisins/ Juice Cup

Whole Grain Apple
 Cinnamon Muffin **25**

String Cheese
 Craisins/ Juice cup

Whole Grain Banana Bread **26**

String Cheese
 Craisins / Juice Cup

Whole Grain Cinnamon
 Roll **27**

Available in Café Only!!!

Whole Grain Strawberry or
 Brown Sugar Cinnamon Pop
 Tart **30**

String cheese
 Craisins / Juice cup

Whole Grain Blueberry
 Muffin **31**

String Cheese
 Craisins / Juice Cup

