

# November 2016

## Richfield School Nutritional Break Menu

### BREAKFAST



**School Information:** This breakfast option is available to our middle school students at the start of their 3<sup>rd</sup> hour class.

Breakfast needs to be pre-ordered and the cost is \$1.85 which includes milk.



**Nutrition Tip:** At breakfast, top your cereal with bananas or strawberries; add blueberries to pancakes; drink 100% juice or mix fresh fruit with plain fat-free yogurt or low fat yogurt.

This institution is an equal opportunity employer and provider



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



Whole Grain Mini Pancakes **1**

Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

Whole Grain Chocolate Chip/ Oatmeal UBR **2**

Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

Whole Grain Chocolate Chip Muffin **3**

Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

Whole Grain Cinnamon Roll **4**

**Available in Café Only**

Whole Grain Pop Tarts String Cheese **7**

Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

Whole Grain Chocolate Chip Waffle Wrap **8**

Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

Whole Grain Mini French Toast Sticks **9**

Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

Whole Grain Bagel **10**

Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

Whole Grain Cinnamon Roll **11**

**Available in Café Only**

Whole Grain Pop Tarts String Cheese **14**

Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

Whole Grain Mini Blueberry Loaf Strawberry Yogurt Cup **15**

Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

Whole Grain Apple filled Breadstick **16**

Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

Whole Grain Blueberry or Banana Muffin **17**

Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

Whole Grain Cinnamon Roll **18**

**Available in Café Only**

Whole Grain Pop Tarts String Cheese **21**

Cherry Craisins/ Juice Cup  
Low Fat or Skim Milk

Whole Grain Mini Pancakes **22**

Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

**NO SCHOOL** **23**

**NO SCHOOL** **24**

**NO SCHOOL** **25**

Whole Grain Pop Tarts String Cheese **28**

Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

Whole Grain Chocolate Chip Waffle Wrap **29**

Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

Whole Grain Mini French Toast Sticks **30**

Cherry Craisins / Juice Cup  
Low Fat or Skim Milk

