

March 2017

Richfield School Classroom Breakfast

BREAKFAST

This Institution is an equal opportunity provider and employer



School Information: The cost of this breakfast option is \$1.85 and includes milk. This breakfast option is offered to our middle school students and is available at the start of their 3rd hour. This breakfast option must be pre-ordered.

Nutrition Tip: Try adding healthy green fruits and vegetables to your breakfast. Spinach, Kale, Avocado, Green Grapes, Kiwi and Pears all go great in a smoothie.



Monday

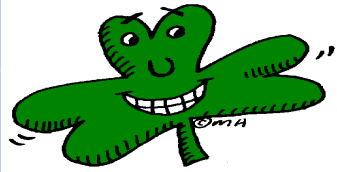


Whole Grain Pop Tarts
String Cheese

6

Craisins / Juice Cup
Low Fat or Skim Milk

Tuesday



Whole Grain Mini Blueberry
Loaf

7

Craisins / Juice Cup
Low Fat or Skim Milk

Wednesday

Whole Grain Mini French
Toast Sticks

1

Craisins / Juice Cup
Low Fat or Skim Milk

Bosco Apple-filled
Breadstick

8

Craisins / Juice Cup
Low Fat or Skim Milk

Thursday

Whole Grain Bagel

2

Craisins / Juice Cup
Low Fat or Skim Milk

Whole Grain Chocolate
Chip Muffin

9

Craisins / Juice Cup
Low Fat or Skim Milk

Friday

NO SCHOOL

3

Whole Grain Cinnamon Roll

10

Available in Café Only

Whole Grain Pop Tarts
String Cheese

13

Craisins / Juice Cup
Low Fat or Skim Milk

Whole Grain Mini Pancakes

14

Craisins / Juice Cup
Low Fat or Skim Milk

Whole Grain Blueberry
UBR

15

Craisins / Juice Cup
Low Fat or Skim Milk

Whole Grain Bagel

16

Craisins / Juice Cup
Low Fat or Skim Milk

Whole Grain Cinnamon Roll

17

Available in Café Only

Whole Grain Pop Tarts
String Cheese

20

Craisins / Juice Cup
Low Fat or Skim Milk

Whole Grain Blueberry
Waffle

21

Craisins / Juice Cup
Low Fat or Skim Milk

Whole Grain Mini French
Toast Sticks

22

Craisins / Juice Cup
Low Fat or Skim Milk

Whole Grain Blueberry or
Apple Cinnamon Muffin

23

Craisins / Juice Cup
Low Fat or Skim Milk

Whole Grain Cinnamon Roll

24

Available in Café only

NO SCHOOL

27

NO SCHOOL

28

NO SCHOOL

29

NO SCHOOL

30

NO SCHOOL

31