

December 2016

Richfield / Plat School

This institution is an equal opportunity provider and employer

BREAKFAST



School Information: The cost of breakfast is \$1.85 and includes milk

This breakfast option is offered to our middle school students, is brought to the classroom at the start of 3rd hour and must be pre-ordered



Nutrition Tip: Snacks can help children get the nutrients needed to grow and maintain a healthy weight.

Mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix.

Blend plain fat-free or low-fat yogurt with 100% juice and frozen fruit for a tasty smoothie.

Fresh, frozen, dried or canned fruits can be easy "grab n go" options that need little preparation

Monday



5

Whole Grain Poptarts
String Cheese
Juice / Craisins
Low Fat or Skim Milk

12

Whole Grain Poptarts
String Cheese
Juice / Craisins
Low Fat or Skim Milk

19

Whole Grain Poptarts
String Cheese
Juice / Craisins
Low Fat or Skim Milk

26

NO SCHOOL

HAPPY HOLIDAYS

Tuesday



ZingerBug.com

6

Whole Gr. Mini Blueberry Loaf
Yogurt Cup
Juice / Craisins
Low Fat or Skim Milk

13

Whole Grain Mini Pancakes
Juice / Craisins
Low Fat or Skim Milk

20

Whole Grain Mini Blueberry
Waffles
Juice / Craisins
Low Fat or Skim Milk

27

NO SCHOOL

HAPPY HOLIDAYS

Wednesday



7

Bosco Apple Stick
Juice / Craisins
Low Fat or Skim Milk

14

Whole Grain Choc Chip UBR
Juice / Craisins
Low Fat or Skim Milk

21

Whole Grain Mini French
Toast Sticks
Juice / Craisins
Low Fat or Skim Milk

28

NO SCHOOL

HAPPY HOLIDAYS

Thursday

1

Whole Grain Chocolate
Chip Muffin
Fruit / Juice Cup
Low Fat or Skim Milk

8

Whole Grain Bagel
Juice / Craisins
Low Fat or Skim Milk

15

Whole Grain Banana or
Blueberry Muffin
Juice / Craisins
Low Fat or Skim Milk

22

Whole Grain Bagel
Juice / Craisins
Low Fat or Skim Milk

29

NO SCHOOL

HAPPY HOLIDAYS

Friday

2

NO SCHOOL

9

Whole Grain Cinnamon Roll

Café Only

16

Whole Grain Cinnamon Roll

Café Only

23

Whole Grain Cinnamon Roll

Café Only

30

NO SCHOOL

HAPPY HOLIDAYS