

# January 2017

## Richfield School Classroom Breakfast

This institution is an equal opportunity provider and employer

### BREAKFAST



#### School Information:

The cost of this nutritional break 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 option must be pre-ordered.



**Nutrition Tip:** Start the new year off on the right foot. Snacks can help children get the nutrients needed to grow and maintain a healthy weight. Prepare single-serving snacks for younger children to help them get just enough to satisfy their hunger. A cup of milk is an easy way to drink a healthy snack.



### Monday

2

NO SCHOOL

### Tuesday

3

Whole Grain Pop Tarts  
String Cheese

Craisins / Juice Cup  
Low Fat or Skim Milk

### Wednesday

4

Bosco Apple Breadstick

Craisins / Juice Cup  
Low Fat or Skim Milk

### Thursday

5

Whole Grain Choc Chip  
Muffin

Craisins / Juice Cup  
Low Fat or Skim Milk

### Friday

6

Whole Grain Cinnamon Roll

Available in the Café only

9

Whole Grain Pop Tarts  
String Cheese  
Craisins / Juice Cup  
Low Fat or Skim Milk

10

Whole Grain Mini Pancakes

Craisins / Juice Cup  
Low Fat or Skim Milk

11

Whole Grain Blueberry UBR

Craisins / Juice Cup  
Low Fat or Skim Milk

12

Whole Grain Bagel

Craisins / Juice Cup  
Low Fat or Skim Milk

13

Whole Grain Cinnamon Roll

Available in Café only

16

Whole Grain Pop Tarts  
String Cheese  
Craisins / Juice Cup  
Low Fat or Skim Milk

17

Whole Grain Mini Blueberry  
Waffles

Craisins / Juice Cup  
Low Fat or Skim Milk

18

Whole Grain Mini French  
Toast Sticks

Craisins / Juice cup  
Low Fat or Skim Milk

19

NO SCHOOL

20

NO SCHOOL

23

Whole Grain Pop Tarts  
String Cheese  
Craisins / Juice Cup  
Low Fat or Skim Milk

24

Whole Grain Mini Blueberry  
Loaf

Yogurt Cup  
Craisins / Juice Cup  
Low Fat or Skim Milk

25

Breakfast Pizza

Craisins / Juice Cup  
Low Fat or Skim Milk

26

Whole Grain Banana or  
Blueberry Muffin

Craisins / Juice Cup  
Low Fat or Skim Milk

27

Whole Grain Cinnamon Roll

Available in Café only

30

Whole Grain Pop Tarts  
String Cheese  
Craisins / Juice Cup  
Low Fat or Skim Milk

31

Whole Grain Mini Pancakes

Craisins / Juice Cup  
Low Fat or Skim Milk

