

November 2016 Richfield / Plat School

BREAKFAST



School Information: The cost of breakfast is \$1.85 and includes milk. Breakfast items are subject to change without notice.



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.



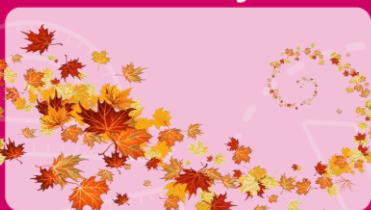
Monday

Tuesday

Wednesday

Thursday

Friday



Whole Grain Pancakes

1

Fruit / Juice Cup
Low Fat or Skim Milk

Egg / Cheese Omelet
Wheat Toast

2

Fruit / Juice Cup
Low Fat or Skim Milk

Whole Grain Chocolate
Chip Muffin

3

Fruit / Juice Cup
Low Fat or Skim Milk

Whole Grain Cinnamon
Roll
Cherry Craisins

4

Fruit / Juice Cup
Low Fat or Skim Milk

Whole Grain Cereals
String Cheese

7

Fruit / Juice Cup
Low Fat or Skim Milk

Whole Grain Chocolate
Waffle Wrap

8

Fruit / Juice Cup
Low Fat or Skim Milk

Whole Grain French Toast
Sticks

9

Fruit / Juice Cup
Low Fat or Skim Milk

Whole Grain Bagel

10

Fruit / Juice Cup
Low Fat or Skim Milk

Whole Grain Cinnamon
Roll
Cherry Craisins

11

Fruit / Juice Cup
Low Fat or Skim Milk

Whole Grain Cereals
String Cheese

14

Fruit / Juice Cup
Low Fat or Skim Milk

Whole Grain Mini
Blueberry Loaf
Yogurt Cup
Fruit / Juice Cup
Low Fat or Skim Milk

15

Breakfast Pizza

16

Fruit / Juice Cup
Low Fat or Skim Milk

Whole Grain Blueberry or
Banana Muffin

17

Fruit / Juice Cup
Low Fat or Skim Milk

Whole Grain Cinnamon
Roll
Cherry Craisins

18

Fruit / Juice Cup
Low Fat or Skim Milk

Whole Grain Cereals
String Cheese

21

Fruit / Juice Cup
Low Fat or Skim Milk

Whole Grain Pancakes

22

Fruit / Juice Cup
Low Fat or Skim Milk

NO SCHOOL

23

NO SCHOOL

24

NO SCHOOL

25

Whole Grain Cereals
String Cheese

28

Fruit / Juice Cup
Low Fat or Skim Milk

Whole Grain Chocolate
Chip Waffle Wrap

29

Fruit / Juice Cup
Low Fat or Skim Milk

Whole Grain French
Toast Sticks

30

Fruit / Juice Cup
Low Fat or Skim Milk

