

January 2017

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
Breakfast items are subject to change without notice



Nutrition Tip:

Start your 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 Cereals
String Cheese
Fruit / Juice Cup
Low Fat or Skim Milk

Wednesday

4

Breakfast Pizza
Fruit / Juice Cup
Low Fat or Skim Milk

Thursday

5

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

Friday

6

Whole Grain Cinnamon Roll
Craisins / Juice Cup
Low Fat or Skim Milk

9

Whole Grain Cereals
String Cheese
Fruit / Juice Cup
Low Fat or Skim Milk

10

Whole Grain Pancakes
Fruit / Juice Cup
Low Fat or Skim Milk

11

Egg and Cheese Omelet
Wheat Toast
Fruit / Juice Cup
Low Fat or Skim Milk

12

Whole Grain Bagel
Fruit / Juice Cup
Low Fat or Skim Milk

13

Whole Grain Cinnamon Roll
Craisins / Juice Cup
Low Fat or Skim Milk

16

Whole Grain Cereals
String Cheese
Fruit / Juice Cup
Low Fat or Skim Milk

17

Whole Grain Blueberry Waffle
Fruit / Juice Cup
Low Fat or Skim Milk

18

Whole Grain French Toast Sticks
Fruit / Juice Cup
Low Fat or Skim Milk

19

NO SCHOOL

20

NO SCHOOL

23

Whole Grain Cereals
String Cheese
Fruit / Juice Cup
Low Fat or Skim Milk

24

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

25

Breakfast Pizza
Fruit / Juice Cup
Low Fat or Skim Milk

26

Whole Grain Blueberry, Apple Cinnamon or Banana Muffin
Fruit / Juice Cup
Low Fat or Skim Milk

27

Whole Grain Cinnamon Roll
Craisins / Juice Cup
Low Fat or Skim Milk

30

Whole Grain Cereals
String Cheese
Fruit / Juice Cup
Low Fat or Skim Milk

31

Whole Grain Pancakes
Fruit / Juice Cup
Low Fat or Skim Milk

