



Monday **Tuesday** **Wednesday** **Thursday** **Friday**

1
W/G MINI CAKE DONUTS
OR
FRUITY CHEERIOS
GRANOLA BAR CHOC. CHU
NK
100% APPLE JUICE
WARM APPLE SUSY
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

2
SAUSAGE EGG BISCUIT
OR
GOLDEN GRAHAMS
CEREAL BAR
COCOA PUFFS
100% FRUIT JUICE BLEND
SOUR FRUIT SPLASH RAISE
LS
MILK- CHOCOLATE 1%
1% WHITE MILK
MILK- WHITE F.F.

3
WAFFLES
SAUSAGE LINK
SF SYRUP
STRAWBERRY CRAISINS
100% ORANGE JUICE
OR
CEREAL BOWL CHOICE
GENERAL MILLS CEREAL
BAR CHOICE
CHOICE OF MILK
MILK- CHOCOLATE 1%
MILK- WHITE F.F.

6
W.G. PANCAKES
SF SYRUP
HOT HAM
WILD WATERMELON
APPLESAUCE CUP
100% ORANGE-PINEAPPLE
JUICE
CHOICE OF MILK
MILK- CHOCOLATE 1%
MILK- WHITE F.F.
OR
CEREAL BOWL CHOICE
GENERAL MILLS CEREAL
BAR CHOICE

7
PILLSBURY BISCUIT
SAUSAGE PATTY
SMUCKER'S GRAPE JELLY
WATERMELON RAISELS
100% APPLE JUICE
CHOICE OF MILK
MILK- CHOCOLATE 1%
MILK- WHITE F.F.
OR
CEREAL BOWL CHOICE
GENERAL MILLS CEREAL
BAR CHOICE

8
BLUEBERRY WG MUFFIN
BACON EGGSTRAVAGANZA
DRIED CRANBERRIES
100% ORANGE-PINEAPPLE
JUICE
OR
HONEY NUT CHEERIOS
GRIPZ GRAHAMS CHOC CHI
P
CHOICE OF MILK
MILK- CHOCOLATE 1%
MILK- WHITE F.F.

9
SAUSAGE & CHZ BRK PIZZA
GRAPE JUICE
SOUR ORANGE RAISELS
MILK- CHOCOLATE 1%
1% WHITE MILK
MILK- WHITE F.F.
OR
TRIX
WG BLUEBERRY POPTART

10
NO SCHOOL TODAY

13
SAUSAGE EGG BISCUIT
OR
GOLDEN GRAHAMS
CEREAL BAR
COCOA PUFFS
100% FRUIT JUICE BLEND
SOUR FRUIT SPLASH RAISE
LS
MILK- CHOCOLATE 1%
1% WHITE MILK
MILK- WHITE F.F.
BREAKFAST ON A STICK
SF SYRUP
WARM APPLE SUSY
100% ORANGE JUICE
CHOICE OF MILK
MILK- CHOCOLATE 1%
MILK- WHITE F.F.
OR
CEREAL BOWL CHOICE
GENERAL MILLS CEREAL
BAR CHOICE

14
W/G MINI CAKE DONUTS
OR
FRUITY CHEERIOS
GRANOLA BAR CHOC. CHU
NK
100% APPLE JUICE
WARM APPLE SUSY
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

15
HAM EGG & CHEESE MUFFI
N
FRUIT COCKTAIL
100% FRUIT JUICE BLEND
CHOICE OF MILK
MILK- CHOCOLATE 1%
MILK- WHITE F.F.
OR
CHOICE OF CEREAL &
CEREAL BAR

16
POPTART VARIETY
STRAWBERRY DANIMALS
YOGURT
GRAPES
100% APL/CHERRY JUICE
OR
HONEY NUT CHEX
CHEEZ-IT
CHOICE OF MILK
MILK- CHOCOLATE 1%
MILK- WHITE F.F.

17
DUTCH WAFFLE
STRAWBERRY DANIMALS
YOGURT
STRAWBERRY FRUIT CUP
OR
REESE'S PUFFS
CEREAL BAR
GOLDEN GRAHAMS
100% APPLE JUICE
SOUR APPLE
APPLESAUCE
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK
MILK- WHITE F.F.

20

BREAKFAST ON A STICK
 SF SYRUP
 WARM APPLE SUSY
 100% ORANGE JUICE
 CHOICE OF MILK
 MILK- CHOCOLATE 1%
 MILK- WHITE F.F.
 OR
 CEREAL BOWL CHOICE
 GENERAL MILLS CEREAL
 BAR CHOICE

21

WAFFLES
 SAUSAGE LINK
 SF SYRUP
 STRAWBERRY CRAISINS
 100% ORANGE JUICE
 OR
 CEREAL BOWL CHOICE
 GENERAL MILLS CEREAL
 BAR CHOICE
 CHOICE OF MILK
 MILK- CHOCOLATE 1%
 MILK- WHITE F.F.

22

SAUSAGE & CHZ BRK PIZZA
 GRAPE JUICE
 SOUR ORANGE RAISELS
 MILK- CHOCOLATE 1%
 1% WHITE MILK
 MILK- WHITE F.F.
 OR
 TRIX
 WG BLUEBERRY POPTART

23

PILLSBURY BISCUIT
 SAUSAGE GRAVY
 WARM APPLE SUSY
 100% ORANGE-PINEAPPLE
 JUICE
 CHOICE OF MILK
 MILK- CHOCOLATE 1%
 MILK- WHITE F.F.
 OR
 CEREAL BOWL CHOICE
 GENERAL MILLS CEREAL
 BAR CHOICE

24

W/G LONG JOHN
 OR
 FRUITY CHEERIOS
 GRANOLA BAR CHOC. CHU
 NK
 100% APPLE JUICE
 SLICED APPLE'S IN A BAG
 MILK- CHOCOLATE 1%
 MILK- WHITE F.F.
 1% WHITE MILK

27

NO SCHOOL TODAY

28

BREAKFAST ON A STICK
 SF SYRUP
 WARM APPLE SUSY
 100% ORANGE JUICE
 CHOICE OF MILK
 MILK- CHOCOLATE 1%
 MILK- WHITE F.F.
 OR
 CEREAL BOWL CHOICE
 GENERAL MILLS CEREAL
 BAR CHOICE

29

HAM EGG & CHEESE MUFFI
 N
 FRUIT COCKTAIL
 100% FRUIT JUICE BLEND
 CHOICE OF MILK
 MILK- CHOCOLATE 1%
 MILK- WHITE F.F.
 OR
 CHOICE OF CEREAL &
 CEREAL BAR

30

SAUSAGE & CHZ BRK PIZZA
 GRAPE JUICE
 SOUR ORANGE RAISELS
 MILK- CHOCOLATE 1%
 1% WHITE MILK
 MILK- WHITE F.F.
 OR
 TRIX
 WG BLUEBERRY POPTART

31

DUTCH WAFFLE
 STRAWBERRY DANIMALS
 YOGURT
 STRAWBERRY FRUIT CUP
 OR
 REESE'S PUFFS
 CEREAL BAR
 GOLDEN GRAHAMS
 100% APPLE JUICE
 SOUR APPLE
 APPLESAUCE
 CHOICE OF MILK
 MILK- CHOCOLATE 1%
 1% WHITE MILK
 MILK- WHITE F.F.

FREE MEALS TO ALL STUDENTS AT RICHWOODS PK-8

MENU IS SUBJECT TO CHANGE

This institution is an equal opportunity provider.

Feb 14, 2023