



**Monday**

4  
 APPLE MUFFIN BAR  
 100% ORANGE JUICE  
 GRAPE RAISELS  
 OR  
 CEREAL BOWL CHOICE  
 RICE KRISPIES  
 CONFETTI  
 CHOICE OF MILK  
 MILK- CHOCOLATE 1%  
 1% WHITE MILK

11  
 DUTCH WAFFLE  
 STRAWBERRY DANIMALS  
 YOGURT  
 SOUR FRUIT SPLASH RAISE  
 LS  
 100% APPLE JUICE  
 OR  
 CEREAL BOWL CHOICE  
 WG FUDGE POPTART  
 CHOICE OF MILK  
 MILK- CHOCOLATE 1%  
 1% WHITE MILK

**Tuesday**

5  
 POPTART VARIETY  
 STRAWBERRY DANIMALS  
 YOGURT  
 GRAPES  
 100% APL/CHERRY JUICE  
 OR  
 CEREAL BOWL CHOICE  
 CHEEZ-IT  
 CHOICE OF MILK  
 MILK- CHOCOLATE 1%  
 MILK- WHITE F.F.

12  
 HOMEMADE BLUEBERRY  
 MUFFIN BAR  
 100% ORANGE JUICE  
 SOUR APPLE  
 APPLESAUCE  
 OR  
 CEREAL BOWL CHOICE  
 RICE KRISPIES  
 CHOCOLATE CHIP  
 CHOICE OF MILK  
 MILK- CHOCOLATE 1%  
 1% WHITE MILK

**Wednesday**

6  
 COUNTRY BREAKFAST  
 SCRAMBLE BURRITO  
 MANDARIN ORANGES  
 ORANGE JUICE  
 OR  
 CEREAL BOWL CHOICE  
 GRANOLA BAR  
 COOKIES & CREAM  
 CHOICE OF MILK  
 MILK- CHOCOLATE 1%  
 MILK- WHITE F.F.

13  
 BKFST BAGEL W/SAUSAGE  
 BACON & EGGS  
 WARM APPLE SUSY  
 GRAPE JUICE  
 OR  
 CEREAL BOWL CHOICE  
 WG STRAW POPTART  
 SOUR FRUIT SPLASH RAISE  
 LS  
 CHOICE OF MILK  
 MILK- CHOCOLATE 1%  
 1% WHITE MILK

**Thursday**

7  
 SAUSAGE & CHEESE GRIDD  
 LE  
 100% FRUIT JUICE BLEND  
 ORIGINAL APPLESAUCE  
 OR  
 CEREAL BOWL CHOICE  
 GRANOLA BAR  
 COOKIES & CREAM  
 CHOICE OF MILK  
 MILK- CHOCOLATE 1%  
 1% WHITE MILK

14  
 BACON EGGSTRAVAGANZA  
 PILLSBURY BISCUIT  
 SMUCKER'S GRAPE JELLY  
 MANDARIN ORANGES  
 OR  
 NUTRIGRAIN CEREAL  
 BAR CHOICE  
 CEREAL BOWL CHOICE  
 MILK- CHOCOLATE 1%  
 1% WHITE MILK

**Friday**

1  
 W.G. CINNAMON ROLL  
 BACON EGGSTRAVAGANZA  
 100% ORANGE JUICE  
 STRAWBERRY CRAISINS  
 OR  
 CEREAL BOWL CHOICE  
 RICE KRISPIES  
 CHOCOLATE CHIP  
 CHOICE OF MILK  
 MILK- CHOCOLATE 1%  
 1% WHITE MILK

8  
 FRENCH TST STIX  
 SF SYRUP  
 100% APL/CHERRY JUICE  
 CHERRY CRAISINS  
 OR  
 CEREAL BOWL CHOICE  
 NUTRIGRAIN CEREAL  
 BAR CHOICE  
 CHOICE OF MILK  
 MILK- CHOCOLATE 1%  
 1% WHITE MILK

15  
 BREAKFAST BUN  
 100% APPLE JUICE  
 STRAWBERRY CRAISINS  
 OR  
 CEREAL BOWL CHOICE  
 WG BLUEBERRY POPTART  
 CHOICE OF MILK  
 MILK- CHOCOLATE 1%  
 1% WHITE MILK

18

W/G MINI CAKE DONUTS  
VANILLA DANIMALS  
YOGURT  
SLICED APPLE'S IN A BAG  
100% APPLE JUICE  
OR  
CEREAL BOWL CHOICE  
GRANOLA BAR  
COOKIES & CREAM  
CHOICE OF MILK  
MILK- CHOCOLATE 1%  
1% WHITE MILK

19

ULTIMATE BREAKFAST ROU  
ND  
OAT CHOC CHIP  
STRAWBERRY/BANANA  
DANIMALS YOGURT  
100% APL/CHERRY JUICE  
STRAWBERRY APPLESAUC  
E CUP  
OR  
CEREAL BOWL CHOICE  
NUTRIGRAIN CEREAL  
BAR CHOICE  
CHOICE OF MILK  
MILK- CHOCOLATE 1%  
1% WHITE MILK

20

BREAKFAST ON A STICK  
SF SYRUP  
GRAPE JUICE  
SOUR FRUIT SPLASH RAISE  
LS  
OR  
CEREAL BOWL CHOICE  
WG BLUEBERRY POPTART  
CHOICE OF MILK  
MILK- CHOCOLATE 1%  
1% WHITE MILK

21

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

22

MINI BAGELS CINNAMON  
CREAMY CHEESE  
MINI BAGELS STRAWBERRY  
CREAMY CHEESE  
ROCK'N BLUE RASPBERRY  
APPLESAUCE  
100% APPLE JUICE  
OR  
CEREAL BOWL CHOICE  
WG STRAW POPTART  
CHOICE OF MILK  
MILK- CHOCOLATE 1%  
1% WHITE MILK

25

CHOCOLATE CHIP WG MUF  
FIN  
BACON EGGSTRAVAGANZA  
GRAPE JUICE  
STRAWBERRY/BANANA  
APPLESAUCE CUP  
OR  
CEREAL BOWL CHOICE  
GENERAL MILLS CEREAL  
BAR CHOICE  
CHOICE OF MILK  
MILK- CHOCOLATE 1%  
MILK- WHITE F.F.

26

HOT OATMEAL  
CINNAMON TOAST  
WARM APPLE SUSY  
100% ORANGE JUICE  
OR  
CEREAL BOWL CHOICE  
BLUEBERRY NUTRIGRAIN  
SOUR APPLE  
APPLESAUCE  
CHOICE OF MILK  
MILK- CHOCOLATE 1%  
1% WHITE MILK

27

NO SCHOOL TODAY

28

NO SCHOOL TODAY

29

NO SCHOOL TODAY

**\*FREE MEALS TO ALL STUDENTS AT RICHWOODS PK-8\***

**MENU IS SUBJECT TO CHANGE**

**This institution is an equal opportunity provider.**

**Oct 25, 2024**