



Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> <p>ULTIMATE BREAKFAST ROUND OAT CHOC CHIP STRAWBERRY/BANANA DANIMALS YOGURT 100% APL/CHERRY JUICE STRAWBERRY APPLESAUCE CUP OR CEREAL BOWL CHOICE NUTRIGRAIN CEREAL BAR CHOICE CHOICE OF MILK MILK- CHOCOLATE 1% 1% WHITE MILK</p>	<p>2</p> <p>BREAKFAST ON A STICK SF SYRUP SOUR FRUIT SPLASH RAISELS GRAPE JUICE OR CEREAL BOWL CHOICE WG BLUEBERRY POPTART CHOICE OF MILK MILK- CHOCOLATE 1% 1% WHITE MILK</p>	<p>3</p> <p>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.</p>	<p>4</p> <p>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</p>
<p>7</p> <p>CHOCOLATE CHIP WG MUFFIN 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.</p>	<p>8</p> <p>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</p>	<p>9</p> <p>SAUSAGE & CHZ BRK PIZZA WATERMELON RAISELS GRAPE JUICE OR CEREAL BOWL CHOICE GRANOLA BAR CHOC. CHUNK CHOICE OF MILK MILK- CHOCOLATE 1% 1% WHITE MILK</p>	<p>10</p> <p>PILLSBURY BISCUIT SAUSAGE GRAVY ROCK'N BLUE RASPBERRY APPLESauce 100% ORANGE JUICE OR CEREAL BOWL CHOICE NUTRIGRAIN CEREAL BAR CHOICE CHOICE OF MILK MILK- WHITE F.F. MILK- CHOCOLATE 1%</p>	<p>11</p> <p>TWISTED STIX BLUEBERRY CINNAMON BREADSTICK WARM APPLE SUSY GRAPE JUICE OR CEREAL BOWL CHOICE NUTRIGRAIN CEREAL BAR CHOICE CHOICE OF MILK MILK- CHOCOLATE 1% 1% WHITE MILK</p>
<p>14</p> <p>W/G LONG JOHN SOUR FRUIT SPLASH RAISELS 100% ORANGE JUICE OR GENERAL MILLS CEREAL BAR CHOICE CEREAL BOWL CHOICE CHOICE OF MILK MILK- CHOCOLATE 1% 1% WHITE MILK</p>	<p>15</p> <p>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</p>	<p>16</p> <p>BACON SCRAMBLE BRK PIZZA GRAPE JUICE WATERMELON RAISELS OR CEREAL BOWL CHOICE GENERAL MILLS CEREAL BAR CHOICE CHOICE OF MILK MILK- CHOCOLATE 1% 1% WHITE MILK</p>	<p>17</p> <p>HAM EGG & CHEESE MUFFIN FRUIT COCKTAIL 100% FRUIT JUICE BLEND OR NUTRIGRAIN CEREAL BAR CHOICE CEREAL BOWL CHOICE CHOICE OF MILK MILK- CHOCOLATE 1% MILK- WHITE F.F.</p>	<p>18</p> <p>NO SCHOOL TODAY</p>

21

STRAWBERRY YOGURT
PARFAIT
100% APPLE JUICE
OR
CEREAL BOWL CHOICE
STRAW NUTRIGRAIN
SOUR FRUIT SPLASH RAISELS
CHOICE OF MILK
MILK- CHOCOLATE 1%
MILK- WHITE F.F.

22

W.G. PANCAKES
SF SYRUP
HOT HAM
100% APL/CHERRY JUICE
CHERRY CRAISINS
OR
CEREAL BOWL CHOICE
GENERAL MILLS CEREAL
BAR CHOICE
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

23

BREAKFAST ON A STICK
SF SYRUP
GRAPE JUICE
WATERMELON RAISELS
OR
POPTART VARIETY
CEREAL BOWL CHOICE
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

24

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

25

NO SCHOOL TODAY

28

WAFFLES
SF SYRUP
100% APL/CHERRY JUICE
STRAWBERRY APPLESAUCE
CUP
OR
CEREAL BOWL CHOICE
POPTART VARIETY
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

29

CINNAMON TOAST
TURKEY SAUSAGE
EGG BAKE BITES
100% APL/CHERRY JUICE
SOUR ORANGE RAISELS
OR
CEREAL BOWL CHOICE
GRANOLA BAR
COOKIES & CREAM
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

30

SAUSAGE & CHZ BRK PIZZA
GRAPE JUICE
WATERMELON RAISELS
OR
CEREAL BOWL CHOICE
GRANOLA BAR CHOC. CHUNK
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

31

PILLSBURY BISCUIT
SAUSAGE GRAVY
ROCK'N BLUE RASPBERRY
APPLESAUCE
100% ORANGE JUICE
OR
CEREAL BOWL CHOICE
NATURE VALLEY CEREAL BAR
CHOICE
CHOICE OF MILK
MILK- WHITE F.F.
MILK- CHOCOLATE 1%

FREE MEALS TO ALL STUDENTS AT RICHWOODS PK-8

MENU IS SUBJECT TO CHANGE

This institution is an equal opportunity provider.

Jul 10, 2024