



Richwoods R-7

PK-8 Breakfast



Monday

Feb 2

BLUEBERRY WG MUFFIN
100% ORANGE JUICE
SOUR APPLE
APPLESAUCE
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Tuesday

Feb 3

FRENCH TST STIX
SYRUP PC
BLUE RAZZ JUICE
CHERRY CRAISINS
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Wednesday

Feb 4

BREAKFAST BUN
100% APPLE JUICE
STRAWBERRY CRAISINS
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
MILK-STRAWBERRY 1%
1% WHITE MILK

Thursday

Feb 5

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

Friday

Feb 6

DUTCH WAFFLE
STRAWBERRY DANIMALS
YOGURT
SOUR FRUIT SPLASH RAISE
LS
100% APPLE JUICE
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Feb 9

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

Feb 10

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

Feb 11

BREAKFAST ON A STICK
SYRUP PC
SOUR FRUIT SPLASH RAISE
LS
MERRY CHERRY JUICE
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Feb 12

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

Feb 13

NO SCHOOL TODAY

Feb 16

NO SCHOOL TODAY

Feb 17

HAM & CHEESE BISCUIT
GRAPES
BLUE RAZZ JUICE
OR
CEREAL BOWL CHOICE
CHEEZ-IT
CHOICE OF MILK
MILK- CHOCOLATE 1%
MILK- WHITE F.F.

Feb 18

SAUSAGE & CHZ BRK PIZZA
MERRY CHERRY JUICE
WATERMELON RAISELS
CHOICE OF CEREAL &
CEREAL BAR
OR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Feb 19

COUNTRY BREAKFAST
SCRAMBLE BURRITO
MANDARIN ORANGES
SOUR APPLE JUICE
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
MILK- WHITE F.F.

Feb 20

STRAWBERRY YOGURT
PARFAIT
100% APPLE JUICE
SOUR FRUIT SPLASH RAISE
LS
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
MILK- WHITE F.F.

Feb 23

W/G LONG JOHN
SOUR FRUIT SPLASH RAISE
LS
100% ORANGE JUICE
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Feb 24

W.G. PANCAKES
SYRUP PC
HOT HAM
BLUE RAZZ JUICE
CHERRY CRAISINS
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Feb 25

CIN TST CRUNCH CREAM
CHS FILLED BRK BAR
SOUR LEMON RAISELS
100% APPLE JUICE
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Feb 26

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

Feb 27

W.G. CINNAMON ROLL
BACON EGGSTRAVAGANZA
100% ORANGE JUICE
STRAWBERRY CRAISINS
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

FREE MEALS TO ALL STUDENTS AT RICHWOODS PK-8

MENU IS SUBJECT TO CHANGE

This institution is an equal opportunity provider.

Jan 22, 2026