



Richwoods R-7 PK-8 Breakfast



Monday

Mar 2

CHOCOLATE CHIP WG MUF
FIN
100% ORANGE JUICE
GRAPE RAISELS
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Tuesday

Mar 3

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

Wednesday

Mar 4

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

Thursday

Mar 5

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

Friday

Mar 6

NO SCHOOL TODAY

Mar 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

Mar 10

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

Mar 11

BACON SCRAMBLE BRK PIZ
ZA
MERRY CHERRY JUICE
WATERMELON RAISELS
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Mar 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%

Mar 13

DUTCH WAFFLE
SYRUP PC
BLUE RAZZ JUICE
STRAWBERRY APPLESAUC
E CUP
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Mar 16

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

Mar 17

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

Mar 18

BACON SCRAMBLE BRK PIZ
ZA
MERRY CHERRY JUICE
WATERMELON RAISELS
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Mar 19

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.

Mar 20

NO SCHOOL TODAY

Mar 23

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.

Mar 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

Mar 25

BREAKFAST ON A STICK
SYRUP PC
MERRY CHERRY JUICE
WATERMELON RAISELS
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Mar 26

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.

Mar 27

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

Mar 30

Mar 31

FREE MEALS TO ALL STUDENTS AT RICHWOODS PK-8

MENU IS SUBJECT TO CHANGE

This institution is an equal opportunity provider.

Feb 19, 2026