



Richwoods R-7

PK-8 Breakfast



Monday

Nov 3

WAFFLES
SYRUP PC
BLUE RAZZ JUICE
STRAWBERRY APPLESAUCE CUP
OR
CHOICE OF CEREAL & CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Tuesday

Nov 4

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

Wednesday

Nov 5

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

Thursday

Nov 6

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

Nov 7

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

Nov 10

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

Nov 11

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

Nov 12

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

Nov 13

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%

Nov 14

BREAKFAST BAKE
SOUR FRUIT SPLASH RAISELS
100% APPLE JUICE
OR
CHOICE OF CEREAL & CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Nov 17

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

Nov 18

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

Nov 19

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

Nov 20

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

Nov 21

WAFFLES
SYRUP PC
BLUE RAZZ JUICE
STRAWBERRY APPLESAUCE CUP
OR
CHOICE OF CEREAL & CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Nov 24

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

Nov 25

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

Nov 26

NO SCHOOL TODAY

Nov 27

NO SCHOOL TODAY

Nov 28

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 21, 2025