Richwoods R-7
PK-8 Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 2 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	**Nov 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	**Nov 4** 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	**Nov 5** 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 6** STRAWBERRY SHORTCAKE 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.
Nov 9 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	**Nov 10** 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	**Nov 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	**Nov 12** 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.	**Nov 13** 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 16 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 17** POPTART VARIETY STRAWBERRY DANIMALS YOGURT GRAPES BLUE RAZZ JUICE OR CEREAL BOWL CHOICE CHEEZ-IT CHOICE OF MILK MILK- CHOCOLATE 1% MILK- WHITE F.F.	**Nov 18** BACON & CHEESE CROISSANT SLICED APPLE'S IN A BAG 100% APPLE JUICE OR CHOICE OF CEREAL & CEREAL BAR CHOICE OF MILK MILK- CHOCOLATE 1% MILK- WHITE F.F.	**Nov 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.	**Nov 20** BANANA SPLIT PARFAIT 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.
Nov 23 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 24** 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 25** NO SCHOOL TODAY	**Nov 26** NO SCHOOL TODAY	**Nov 27** NO SCHOOL TODAY
Nov 30 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 16, 2026