



Richwoods R-7

PK-8 Breakfast



Monday

Tuesday

Wednesday

Thursday

Friday

Oct 1

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

Oct 2

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.

Oct 3

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

Oct 6

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

Oct 7

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

Oct 8

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

Oct 9

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.

Oct 10

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

Oct 13

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

Oct 14

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

Oct 15

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

Oct 16

PILLSBURY BISCUIT
SAUSAGE PATTY
SMUCKER'S GRAPE JELLY
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.

Oct 17

NO SCHOOL TODAY

Oct 20

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

Oct 21

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

Oct 22

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

Oct 23

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%

Oct 24

NO SCHOOL TODAY

Oct 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

Oct 28

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

Oct 29

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

Oct 30

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.

Oct 31

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.

FREE MEALS TO ALL STUDENTS AT RICHWOODS PK-8

MENU IS SUBJECT TO CHANGE

This institution is an equal opportunity provider.

Sep 22, 2025