



Richwoods R-7

PK-8 Breakfast



Monday

Tuesday

Wednesday

Thursday

Friday

Oct 1

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 2

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 5

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

Oct 6

HOT OATMEAL
CINNAMON TOAST
SOUR LEMON RAISELS
100% APPLE JUICE
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Oct 7

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.

Oct 8

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 9

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

Oct 12

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

Oct 13

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 14

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 15

PILLSBURY BISCUIT
COLBY CHEESE OMELET
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 16

NO SCHOOL TODAY

Oct 19

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

Oct 20

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 21

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

Oct 22

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 23

NO SCHOOL TODAY

Oct 26

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 27

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.

Oct 28

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 29

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 30

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

FREE MEALS TO ALL STUDENTS AT RICHWOODS PK-8

MENU IS SUBJECT TO CHANGE

This institution is an equal opportunity provider.

Sep 21, 2026