



# Richwoods R-7

## PK-8 Breakfast



### Monday

Sep 1

NO SCHOOL TODAY

### Tuesday

Sep 2

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

### Wednesday

Sep 3

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

### Thursday

Sep 4

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%

### Friday

Sep 5

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.

Sep 8

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

Sep 9

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.

Sep 10

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

Sep 11

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.

Sep 12

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

Sep 15

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

Sep 16

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

Sep 17

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

Sep 18

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.

Sep 19

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

Sep 22

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

Sep 23

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

Sep 24

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

Sep 25

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%

Sep 26

NO SCHOOL TODAY

Sep 29

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

Sep 30

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

\*FREE MEALS TO ALL STUDENTS AT RICHWOODS PK-8\*

**MENU IS SUBJECT TO CHANGE**

**This institution is an equal opportunity provider.**

**Aug 5, 2025**