



Richwoods R-7

PK-8 Breakfast



Monday

Tuesday

Wednesday

Thursday

Friday

Sep 1

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

Sep 2

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 3

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.

Sep 4

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 7

NO SCHOOL TODAY

Sep 8

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 9

BACON & CHEESE CROISSA
NT
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 10

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 11

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.

Sep 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

Sep 15

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 16

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 17

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.

Sep 18

NO SCHOOL TODAY

Sep 21

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

Sep 22

SAUSAGE & CHEESE GRIDD
LE
1/2 SANDWICH
BLUE RAZZ JUICE
CHERRY CRAISINS
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Sep 23

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

Sep 24

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 25

APPLE CINNAMON ROLL
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 28

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

Sep 29

ULTIMATE BREAKFAST ROU
ND
OAT CHOC CHIP
TURKEY BACON
BLUE RAZZ JUICE
CHERRY CRAISINS
OR
CHOICE OF CEREAL &
CEREAL BAR
CHOICE OF MILK
MILK- CHOCOLATE 1%
1% WHITE MILK

Sep 30

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

FREE MEALS TO ALL STUDENTS AT RICHWOODS PK-8

MENU IS SUBJECT TO CHANGE

This institution is an equal opportunity provider.

Aug 4, 2026