

# September 2016 Richfield/Plat School

This Institution is an equal opportunity provider

## BREAKFAST



**School Information:** The cost of breakfast is \$1.85 and includes milk  
Breakfast items are subject to change without notice



**Nutrition Tip:** Practice stealth health - sneak veggies into favorite foods.  
Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



### Monday



### Tuesday

### Wednesday



### Thursday

### Friday

NO SCHOOL

5

BANANA LOAF  
YOGURT CUP  
FRUIT  
JUICE CUP  
MILK

6

FRENCH TOAST STICKS

7

FRUIT  
JUICE CUP  
MILK

WHOLE GRAIN CEREAL

1

FRUIT  
JUICE CUP  
MILK

WHOLE GRAIN BAGEL

2

FRUIT  
JUICE CUP  
MILK

WHOLE GRAIN CEREAL  
STRING CHEESE  
FRUIT  
JUICE CUP  
MILK

12

WH GRAIN PANCAKES

13

FRUIT  
JUICE CUP  
MILK

BREAKFAST PIZZA

14

FRUIT  
JUICE CUP  
MILK

WH GRAIN BAGEL

15

FRUIT  
JUICE CUP  
MILK

CINNAMON ROLL

16

CHERRY CRAISINS  
JUICE CUP  
MILK

WHOLE GRAIN CEREAL  
STRING CHEESE  
FRUIT  
JUICE CUP  
MILK

19

BANANA LOAF  
YOGURT CUP  
FRUIT  
JUICE CUP  
MILK

20

EGG/CHEESE OMELETS  
TOAST  
FRUIT  
JUICE CUP  
MILK

21

BLUEBERRY/BANANA  
MUFFIN  
FRUIT  
JUICE CUP  
MILK

22

CINNAMON ROLL  
CHERRY CRAISINS  
JUICE CUP  
MILK

23

WHOLE GRAIN CEREAL  
STRING CHEESE  
FRUIT  
JUICE CUP  
MILK

26

WH GRAIN PANCAKES

27

FRUIT  
JUICE CUP  
MILK

FRENCH TOAST STICKS

28

FRUIT  
JUICE CUP  
MILK

WH GRAIN BAGEL

29

FRUIT  
JUICE CUP  
MILK

CINNAMON ROLL

30

CHERRY CRAISINS  
JUICE CUP  
MILK