

Richland One School District
March 2020 Middle High Breakfast Menu

NATIONAL SCHOOL BREAKFAST WEEK
MARCH 2-6, 2020



Revised 3/17/20

Week Three	3/2/2020	3/3/2020	3/4/2020	3/5/2020	3/6/2020
POS EL1	Supernova Spinach and Egg Scramble	Beamin' Breakfast Bagel Pizza	Sergant Wire Maple Waffle	Hi Tech Yogurt Parfait with Strawberries	Peculiar Pancake Sausage on Stick
POS EB2	Slice Ham Biscuit Or Asst. Dry Cereal	 Or Asst. Dry Cereal	 Or Asst. Dry Cereal	 Or Asst. Dry Cereal	 Or Asst. Dry Cereal
Week Four	3/9/2020	3/10/2020	3/11/2020	3/12/2020	3/13/2020
POS EL1	Mini Maple Pancakes	Cinnamon Pastry	1/2 c WGR Grits	Turkey Sausage Biscuit	Pumpkin Bread
POS EB2	Syup Or Asst. Dry Cereal	Strawberry Yogurt Or Asst. Dry Cereal	1.7 oz Country Beef Steak WGR Toast w/ Jelly Or Asst. Dry Cereal	Or Asst. Dry Cereal	Or Asst. Dry Cereal
Week One	3/16/2020	3/17/2020	3/18/2020	3/19/2020	3/20/2020
POS EL1	Eggo's Choc Chip Mini	Scrambled Eggs w/ Cheese	Sliced Pork Ham	Yogurt Parfait with Fresh Strawberries 51g	NO SCHOOL
POS EB2	Waffles French Toast Or Asst. Dry Cereal	Oven Roasted Potatoes WGR Toast w/ Jelly Or Asst. Dry Cereal	Grits WGR Toast w/ Jelly Or Asst. Dry Cereal	Or Asst. Dry Cereal	
Week Two	3/23/2020	3/24/2020	3/25/2020	3/26/2020	3/27/2020
POS EL1	Donut Holes	Mini Blueberry Pancake	Hash Brown Patty	Turkey Sausage & Gravy Pizza	Chicken Biscuit
POS EB2	WGR Toast w/ Jelly Or Asst. Dry Cereal	Syrup Or Asst. Dry Cereal	Turkey Sausage Patty WGR Toast w/ Jelly Or Asst. Dry Cereal	Or Asst. Dry Cereal	Or Asst. Dry Cereal
Week Three	3/30/2020	3/31/2020	Assorted Cereals	Assorted Juice	Assorted Milk
POS EL1	Maple Waffles	Breakfast Bagel Pizza	210-230 Kcals, 45-47 gms Carbs	50-60 Kcals, 13-14gms Carbs	100-110 Kcals, 12-19 gms Carbs
POS EB2	Syrup Or Asst. Dry Cereal	Or Asst. Dry Cereal			

****Fresh Fruit Offered Daily**



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