


**Richland One School District
September 2021 Elementary School Breakfast Menu**

Week Three	8/30/2021	8/31/2021	9/1/2021	9/2/2021	9/3/2021
POS EL1	1 ea. Strawberry or Cinnamon Pastry 38 gms	1 ea. Chicken Biscuit 22 gms	1 ea. 2 oz. Asst. Dry Cereal	1 ea. Turkey Sausage & Gravy Pizza	1 ea. Buttermilk Egg and Cheese Biscuit
	4 oz. Strawberry Yogurt 16 gm		22-25 gms	24 gms	23g
POS EB2					
Week One	9/6/2021	9/7/2021	9/8/2021	9/9/2021	9/10/2021
POS EL1		1 ea. Ham and Cheese on Hawaiian Bun	1 ea. 2 oz. Asst. Dry Cereal	1 ea. Breakfast Bagel Pizza	1 ea. Turkey Sausage Biscuit
		28gm	22-25 gms	20g	22 gms
POS EB2					
Week Two	9/13/2021	9/14/2021	9/15/2021	9/16/2021	9/17/2021
POS EL1	1 ea. Mini Blueberry Pancake 35gm	6 oz. Overnight Oats: 4 oz. Oatmeal with 2 oz/Fruit	1 ea. 2 oz. Asst. Dry Cereal	1 ea. Assorted Muffin 30 gms	1 ea. Pancake Sausage on Stick 20gm
		48 gms	22-25 gms	4 oz. Vanilla Yogurt 16 gms	
POS EB2					

Assorted Cereals

100-110 Kcals, 22-25 gms Carbs

Assorted Juice

50-60 Kcals, 13-14gms Carbs

Assorted Milk (1 % White and FF Chocolate)

34-130 Kcals, 5-24 gms Carbs

Fresh Fruit- Apples, Oranges, Bananas, and Seasonal Fresh Fruit

Fresh Fruit, Juice, and Milk offered Daily



***THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER**

Revised 8/23/2021

HELLO September

Week Three	9/20/2021	9/21/2021	9/22/2021	9/23/2021	9/24/2021
POS EL1	1 ea. Strawberry or Cinnamon Pastry	1 ea. Chicken Biscuit 22 gms	1 ea. 2 oz. Asst. Dry Cereal	1 ea. Turkey Sausage & Gravy Pizza	1 ea. Buttermilk Egg and Cheese Biscuit
	4 oz. Strawberry Yogurt		22-25 gms	24 gms	23g
POS EB2					
Week One	9/27/2021	9/28/2021	9/29/2021	9/30/2021	10/1/2021
POS EL1	1 ea. Mini Maple Waffle	1 ea. Ham and Cheese on Hawaiian Bun	1 ea. 2 oz. Asst. Dry Cereal	1 ea. Breakfast Bagel Pizza	1 ea. Turkey Sausage Biscuit
	35gm	28gm	22-25 gms	20g	22 gms
POS EB2					

Assorted Cereals

100-110 Kcals, 22-25 gms Carbs

Assorted Juice

50-60 Kcals, 13-14gms Carbs

Assorted Milk (1 % White and FF Chocolate)

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