


Richland One School District
September 2021 Middle-High 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 38g	1 ea. Chicken Biscuit 22g	1 ea. 1 oz. Chicken Patty 15g	1 ea. Turkey Sausage & Gravy Pizza 24g	1 ea. Buttermilk Egg and Cheese Biscuit 23g
		4 oz. Strawberry Yogurt 16g	1 ea. Jelly 6g	4 oz. Cheese Grits 29g		
POS EB2				1 ea. French Toast Stick 13g		
		Or	Or	Or	Or	Or
		1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal
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 oz. Sliced Pork Ham	1 ea. Breakfast Bagel Pizza	1 ea. Turkey Sausage Biscuit
			28gm	4 oz. Cheese Grits	20 gm	1 ea. Jelly 6g
POS EB2			1 ea. French Toast Stick			
			Or	Or	Or	Or
		1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal
Week Two		9/13/2021	9/14/2021	9/15/2021	9/16/2021	9/17/2021
POS EL1		1 ea. Mini Blueberry Pancake 35g	6 oz. Overnight Oats	1 ea. 1 oz. Country Fried Steak 3g	1 ea. Assorted Muffin 30g	1 ea. Pancake Sausage on Stick 19g
			4 oz Oatmeal with 2 oz. fruit	4 oz. Cheese Grits 29g	4 oz. Vanilla Yogurt 16g	1 ea. Syrup 31g
POS EB2		1 ea. Syrup 31g	48 gms	1 ea. French Toast 13g		
		Or	Or	Or	Or	Or
		1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal

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 38g	1 ea. Chicken Biscuit 22g	1 ea. 1 oz. Chicken Patty 15g	1 ea. Turkey Sausage & Gravy Pizza 24g	1 ea. Buttermilk Egg and Cheese Biscuit 23g
	4 oz. Strawberry Yogurt 16g	1 ea. Jelly 6g	4 oz. Cheese Grits 29g		1 ea. Jelly 6g
POS EB2	Or	Or	Or	Or	Or
	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal
Week One	9/27/2021	9/28/2021	9/29/2021	9/30/2021	10/1/2021
POS EL1	1 ea. Mini Maple Waffles 35g	1 ea. Ham and Cheese on Hawaiian Bun	1 oz. Sliced Pork Ham 1g	1 ea. Egg and Cheese Biscuit 23g	1 ea. Turkey Sausage Biscuit 22g
	1 ea. Syrup 31g	28gm	4 oz. Cheese Grits 29g		1 ea. Jelly 6g
POS EB2	Or	Or	Or	Or	Or
	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal

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

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