

**Richland One School District
October 2021 Middle-High School Breakfast Menu**



Week Two	10/4/2021	10/5/2021	10/6/2021	10/7/2021	10/8/2021
POS EL1	1 ea. Mini Blueberry Pancake	6 oz. Overnight Oats:	1 ea. 2 oz. Asst. Dry Cereal	1 ea. Assorted Muffin 30 gms	1 ea. Pancake Sausage on Stick 20gm
	35gm	4 oz. Oatmeal with 2 oz/Fruit	22-25 gms	4 oz. Vanilla Yogurt 16 gms	1 ea. Syrup 31g
	1 ea. Syrup 31g	48 gms			
Week Three	10/11/2021	10/12/2021	10/13/2021	10/14/2021	10/15/2021
POS EL1	1 ea. Strawberry or Cinnamon Pastry 38g	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 16g	1 ea. Jelly 6g	22-25 gms	24 gms	23g
Week One	10/18/2021	10/19/2021	10/20/2021	10/21/2021	10/22/2021
POS EL1	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
	35gms	28gm	22-25 gms	20g	22 gms
					1 ea. Jelly 6g
Week Two	10/26/2021	10/27/2021	10/28/2021	10/29/2021	10/30/2021
POS EL1	1 ea. Mini Blueberry Pancake	6 oz. Overnight Oats:	1 ea. 2 oz. Asst. Dry Cereal	1 ea. Assorted Muffin 30 gms	1 ea. Pancake Sausage on Stick 20gm
	35gm	4 oz. Oatmeal with 2 oz/Fruit	22-25 gms	4 oz. Vanilla Yogurt 16 gms	
		48 gms			

Assorted Cereals
100-110 Kcals, 22-25 gms Carbs
Assorted Juice
50-60 Kcals, 13-14gms Carbs
Fresh Fruit- Apples, Oranges, Bananas, and Seasonal Fresh Fruit
Fresh Fruit, Juice, and Milk offered Daily

Assorted Milk (1 % White and FF Chocolate)
34-130 Kcals, 5-24 gms Carbs



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

Revised 8/28/2021

