

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

Week One				8/18/2021	8/19/2021	8/20/2021
POS EL1				1 ea. Egg and Cheese Biscuit	1 ea. 2 oz. Asst. Dry Cereal	1 ea. Turkey Sausage Biscuit
				23g	22-25 gms	22 gms
POS EB2						
Week Two		8/23/2021	8/24/2021	8/25/2021	8/26/2021	8/27/2021
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	
POS EB2			48 gms			
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						



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 8/16/2021