

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

Week One				8/18/2021	8/19/2021	8/20/2021
POS EL1				1 oz. Sliced Pork Ham 1g	1 ea. Egg and Cheese Biscuit 23g	1 ea. Turkey Sausage Biscuit 22g
				4 oz. Cheese Grits 29g		1 ea. Jelly 6g
POS EB2				1 ea. Biscuit 22g		
				<b>Or</b>	<b>Or</b>	<b>Or</b>
				1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal	1 ea. 2 oz. Asst. Dry Cereal
Week Two		8/23/2021	8/24/2021	8/25/2021	8/26/2021	8/27/2021
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
		1 ea. Syrup 31g	4 oz Oatmeal with 2 oz. fruit	4 oz. Cheese Grits 29g	4 oz. Vanilla Yogurt 16g	1 ea. Syrup 31g
POS EB2			48 gms	1 ea. French Toast 13g		
		<b>Or</b>	<b>Or</b>	<b>Or</b>	<b>Or</b>	<b>Or</b>
		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 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		
		<b>Or</b>	<b>Or</b>	<b>Or</b>	<b>Or</b>	<b>Or</b>
		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 15g**

**Fresh Fruit, Juice, and Milk offered Daily**

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



**Revised 8/16/2021**