

# DECEMBER BREAKFAST



## Richmond Public Schools K-12 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
November 29, 2021	November 30, 2021	December 1, 2021	December 2, 2021	December 3, 2021
		TRIX^ Maple Breakfast Square^ Orange Tangerine Juice Fresh Pear Choice of Milk	VANILLA YOGURT Granola ^ Blended Fruit Juice Fresh Apple Choice of Milk	FROSTED CORN FLAKES Maple Brown Sugar Bar Applesauce Strawberry Kiwi Juice Choice of Milk
December 6, 2021	December 7, 2021	December 8, 2021	December 9, 2021	December 10, 2021
FRUITY CHEERIOS Vanilla Square Applesauce Orange Tangerine Juice Choice of Milk	STRAWBERRY YOGURT Granola ^ Grape Juice Fresh Apple Choice of Milk	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice Fresh Orange Choice of Milk	GRAPE CRESCENT ^ Orange Tangerine Juice Fresh Pear Choice of Milk	APPLE CINNAMON CHEERIOS Cherry Breakfast Bar Raisins Orange Tangerine Juice Choice of Milk
December 13, 2021	December 14, 2021	December 15, 2021	December 16, 2021	December 17, 2021
FROSTED CORN FLAKES Maple Brown Sugar Bar Applesauce Strawberry Kiwi Juice Choice of Milk	STRAWBERRY YOGURT Granola ^ Grape Juice Fresh Orange Choice of Milk	FROSTED MINI WHEATS^ Crispy Granola Bites^ Apple Juice Fresh Pear Choice of Milk	VANILLA YOGURT Granola ^ Blended Fruit Juice Fresh Apple Choice of Milk	FRUITY CHEERIOS Vanilla Square Applesauce Orange Tangerine Juice Choice of Milk
December 20, 2021	December 21, 2021	December 22, 2021	December 23, 2021	December 24, 2021
APPLE CINNAMON CHEERIOS Cherry Breakfast Bar Raisins Orange Tangerine Juice Choice of Milk	FROSTED CORN FLAKES Maple Brown Sugar Bar Applesauce Strawberry Kiwi Juice Choice of Milk	NO SCHOOL	NO SCHOOL	NO SCHOOL
December 27, 2021	December 28, 2021	December 29, 2021	December 30, 2021	December 31, 2021
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL

*Happy Holidays*




ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

Find your school's menus online at: [preferredmealsmenu.com](http://preferredmealsmenu.com)



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	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-21-2021																
	FROSTED CORN FLAKES Maple Brown Sugar Bar Applesauce Strawberry Kiwi Juice	351	5	1	0	0	307	76	5	42	3	151	6	265	8	G/B:2sv WG F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
12-22-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-23-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-24-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-27-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-28-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-29-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-30-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
12-31-2021																
	NO SCHOOL	0	0	0	0	0	0	0	0	0	0	0	0	0	0	

Meal Contributions : M/MA = Meat/Meat Alternate      F = Fruit      V = Vegetable      G/B = Grain/Bread      W/G = Whole Grain  
Vegetable Types : DG = Dark Green      R/O = Red/Orange      L = Legumes      S = Starchy      O = Other  
BeWell Types : BW-PLANT = Plant-Based      BW-GF = Good Fat      BW-LPP = Lean/Plant Protein      BW-LS = Less Sugar  
BW-HF = High Fiber Food      BW-PRO = Probiotics

## Allergen Information: CHIMBORAZO

**ALLERGEN WARNING:** This menu is for reference only, and the food products delivered to schools are subject to change without notice. Accurate and up-to-date ingredient information regarding ingredients – including the 8 major food allergens – is available on the product label at your school. To avoid exposure to these food allergens, refer to the actual product label. **FAILURE TO DO SO MAY RESULT IN INADVERTENT EXPOSURE TO FOOD ALLERGENS.**

	Item Name	Milk	Egg	Peanut	Tree Nut	Fish	Shellfish	Soy	Wheat
12-01-2021	TRIX^ Maple Breakfast Square^ Orange Tangerine Juice		X					X	X
	Fresh Pear								
	Choice of Milk	X							
12-02-2021	VANILLA YOGURT Granola ^ Blended Fruit Juice	X							
	Fresh Apple								
	Choice of Milk	X							
12-03-2021	FROSTED CORN FLAKES Maple Brown Sugar Bar Applesauce Strawberry Kiwi Juice	X	X					X	X
	Choice of Milk	X							
12-06-2021	FRUITY CHEERIOS Vanilla Square Applesauce Orange Tangerine Juice		X					X	X
	Choice of Milk	X							
12-07-2021	STRAWBERRY YOGURT Granola ^ Grape Juice	X							
	Fresh Apple								
	Choice of Milk	X							
12-08-2021	CINNAMON CHEX^ Strawberry Square^ Blended Fruit Juice		X					X	X
	Fresh Orange								
	Choice of Milk	X							



