RPS RICHMOND PUBLIC SCHOOLS



K - 12 School Breakfast Menu

Fall 2023

Breakfast includes:
Choice of 1 Entree, 1-2 Fruits, and 1 Milk

Menu subject to change due to item availability

Vegetarian options are available upon request

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	July 31	Aug 1	Aug 2	Aug 3	Aug 4
Entree **Fruit** (Choose 1-2) **Milk** (Choose 1)	• Cereal w/ Cheese Stick • Applesauce Cup • Pear • Assorted Milk	• Turkey Sausage Pancake Wrap • Mixed Fruit • Apple Slices • Assorted Milk	• Crispy Chicken Biscuit • Orange • 100% Fruit Juice • Assorted Milk	• Waffle w/ Turkey Bacon • Diced Pears • Banana • Assorted Milk	• Yogurt Parfait w/Granola • Peach Cup • 100% Fruit Juice • Assorted Milk
Week 3	Aug 7	Aug 8	Aug 9	Aug 10	Aug 11
Entree **Fruit** (Choose 1-2) **Milk** (Choose 1)	• French Toast Sticks • Banana • Diced Pears • Assorted Milk	• Muffin w/ Cheese Stick • Apple • Mixed Fruit • Assorted Milk	• Egg & Cheese on English Muffin • Orange • 100% Fruit Juice • Assorted Milk	• Donut • Pear • Peach Cup • Assorted Milk	• Cereal w/ Yogurt • Applesauce Cup • 100% Fruit Juice • Assorted Milk
Week 1	Aug 14	Aug 15	Aug 16	Aug 17	Aug 18
Entree **Fruit** (Choose 1-2) **Milk** (Choose 1)	• Turkey Sausage Biscuit • Orange • Diced Pears • Assorted Milk	• Cereal Bowl w/ Yogurt • Peach Cup • Apple Slices • Assorted Milk	• Country Steak Biscuit • Apple • 100% Fruit Juice • Assorted Milk	• Poptart w/ Cheese Stick • Banana • Mixed Fruit • Assorted Milk	• Banana Bread • Applesauce Cup • 100% Fruit Juice • Assorted Milk

Additional Daily Entree Options

- Assorted Cereal, Poptart or Muffin, with choice of:
- Yogurt, Cheese Stick or Hard Boiled Egg

(Managers may offer an assortment of 2-3 additional items daily. Varies by school, see your cafe manager for details)

Nutrition Bites

- Did you know: Whole-grain rich breads, pastas, rice, and cereals help you feel full after a meal & provide long-lasting energy! Look for "whole grain" or "whole wheat" listed first on the ingredient list.
- Learn more: myplate.gov/eat-healthy/grains

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https://www.fns.usda.gov/civil-rights/usda-nondiscrimination-statement-other-fns-programs

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	Aug 21	Aug 22	Aug 23	Aug 24	Aug 25
Entree **Fruit** (Choose 1-2) **Milk** (Choose 1)	• Cereal w/ Cheese Stick • Applesauce Cup • Pear • Assorted Milk	• Turkey Sausage Pancake Wrap • Mixed Fruit • Apple Slices • Assorted Milk	• Crispy Chicken Biscuit • Orange • 100% Fruit Juice • Assorted Milk	• Waffle w/Turkey Bacon • Diced Pears • Banana • Assorted Milk *"National Waffle Day"*	• Yogurt Parfait w/Granola • Peach Cup • 100% Fruit Juice • Assorted Milk
Week 3	Aug 28	Aug 29	Aug 30	Aug 31	Sept 1
Entree **Fruit** (Choose 1-2) **Milk** (Choose 1)	• French Toast Sticks • Banana • Diced Pears • Assorted Milk	• Muffin w/ Cheese Stick • Apple • Mixed Fruit • Assorted Milk	• Egg & Cheese on English Muffin • Orange • 100% Fruit Juice • Assorted Milk	• Donut • Pear • Peach Cup • Assorted Milk	Holiday
Week 1	Sept 4	Sept 5	Sept 6	Sept 7	Sept 8
Entree **Fruit** (Choose 1-2) **Milk** (Choose 1)	Holiday	• Turkey Sausage Biscuit • Peach Cup • Apple Slices • Assorted Milk	• Country Steak Biscuit • Apple • 100% Fruit Juice • Assorted Milk	• Poptart w/Cheese Stick • Banana • Mixed Fruit • Assorted Milk	• Banana Bread • Applesauce Cup • 100% Fruit Juice • Assorted Milk

Additional Daily Entree Options

- Assorted Cereal, Poptart or Muffin, with choice of:
- Yogurt, Cheese Stick or Hard Boiled Egg

(Managers may offer an assortment of 2-3 additional items daily. Varies by school, see your cafe manager for details)

Nutrition Bites

- Did you know: School breakfast has been shown to provide about 48% of the fruit, 40% of dairy, and 30% of whole grains that students need for the entire day!
- Learn more: frac.org/programs/school-breakfast-program/benefits-school-breakfast

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	Sept 11	Sept 12	Sept 13	Sept 14	Sept 15
Entree **Fruit** (Choose 1-2) **Milk** (Choose 1)	• Cereal w/ Cheese Stick • Applesauce Cup • Pear • Assorted Milk	• Turkey Sausage Pancake Wrap • Mixed Fruit • Apple Slices • Assorted Milk	• Crispy Chicken Biscuit • Orange • 100% Fruit Juice • Assorted Milk	• Waffle w/ Turkey Bacon • Diced Pears • Banana • Assorted Milk	• Yogurt Parfait w/Granola • Peach Cup • 100% Fruit Juice • Assorted Milk
Week 3	Sept 18	Sept 19	Sept 20	Sept 21	Sept 22
Entree **Fruit** (Choose 1-2) **Milk** (Choose 1)	• French Toast Sticks • Banana • Diced Pears • Assorted Milk	• Muffin w/ Cheese Stick • Apple • Mixed Fruit • Assorted Milk	• Egg & Cheese on English Muffin • Orange • 100% Fruit Juice • Assorted Milk	• Donut • Pear • Peach Cup • Assorted Milk	• Cereal w/ Yogurt • Applesauce Cup • 100% Fruit Juice • Assorted Milk
Week 1	Sept 25	Sept 26	Sept 27	Sept 28	Sept 29
Entree **Fruit** (Choose 1-2) **Milk** (Choose 1)	Holiday	• Turkey Sausage Biscuit • Peach Cup • Apple Slices • Assorted Milk	• Country Steak Biscuit • Apple • 100% Fruit Juice • Assorted Milk	• Poptart w/ Cheese Stick • Banana • Mixed Fruit • Assorted Milk	• Banana Bread • Applesauce Cup • 100% Fruit Juice • Assorted Milk

Additional Daily Entree Options

- Assorted Cereal, Poptart or Muffin, with choice of:
- Yogurt, Cheese Stick or Hard Boiled Egg

(Managers may offer an assortment of 2-3 additional items daily. Varies by school, see your cafe manager for details)

Nutrition Bites

- Did you know: Including protein-rich foods such as eggs, turkey sausage, or low-fat cheese with your breakfast provides the building blocks for strong bones and muscles, helping you play longer and get stronger!
- Learn more: myplate.gov/eat-healthy/protein-foods

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