






Richland One School District
March 2019 Elementary School Breakfast Menu

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

REVISED 2/28/19

OFFERED DAILY

Fresh Fruit, Juice, and Milk

Week Two		3/1/2019				
POS EL1				Egg and Cheese Muffin 200/26g		
POS EB2				Or Cereal and WGR Toast 70/13g w/ Jelly 35/7g		
Week Three		3/4/2019	3/5/2019	3/6/2019	3/7/2019	3/8/2019
		Milk Moover Racer	Waffle Wheelz Racer	Boom Boom Banana Racer	Screaming Strawberry Racer	Egg Scrambler Racer
POS EL1		Turkey Sausage Biscuit 200/16g	Dutch Waffle 300/43g	1/2 Grits W/1 oz cheese 160/29g	Yogurt Parfait 51g	Pancake Sausage on Stick 220/22g
			2 oz. Fresh Strawberries 23.5/5.5g	WGR Toast 70/13g w/ Jelly 35/7g		
POS EB2		Or 	Or 	Or 	Or 	Or 
		Cereal and WGR Toast 70/13g w/ Jelly 35/7g	Cereal and WGR Toast 70/13g w/ Jelly 35/7g	Cereal and WGR Toast 70/13g w/ Jelly 35/7g	Cereal and WGR Toast 70/13g w/ Jelly 35/7g	Cereal and WGR Toast 70/13g w/ Jelly 35/7g
		HAPPY	NATIONAL	SCHOOL	BREAKFAST	WEEK
Week Four		3/11/2019	3/12/2019	3/13/2019	3/14/2019	3/15/2019
POS EL1		Mini Maple Pancakes 210/35g	Turkey Ham on Hawaiian Bun 198/28g	1/2 c WGR Grits 80/15g	Eggo Waffles 200/35G	Maple Glaze Stick 120/23g
POS EB2		Or Cereal and WGR Toast 70/13g w/ Jelly 35/7g	Or Cereal and WGR Toast 70/13g w/ Jelly 35/7g	Or Cereal and WGR Toast 70/13g w/ Jelly 35/7g	Or Cereal and WGR Toast 70/13g w/ Jelly 35/7g	Or Cereal and WGR Toast 70/13g w/ Jelly 35/7g
				Turkey Sausage Patty 150/1g 240/27g		200/26g
POS EB2			Or Cereal and WGR Toast 70/13g w/ Jelly 35/7g	Or Cereal and WGR Toast 70/13g w/ Jelly 35/7g	Or Cereal and WGR Toast 70/13g w/ Jelly 35/7g	Or Cereal and WGR Toast 70/13g w/ Jelly 35/7g

Assorted Cereals
100-110 Kcals, 22-25 gms Carbs

Assorted Juice
50-60 Kcals, 13-14gms Carbs

Assorted Milk
34-130 Kcals, 5-24 gms Carbs

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Week One		3/18/2019	3/19/2019	3/20/2019	3/21/2019	3/22/2019
POS EL1		Breakfast Bagel Pizza 180/2g	Turkey Sausage Roll 260/34g	Sliced Pork Ham 190/2g	Yogurt Bar w/ 1/2 C Vanilla Yogurt 70/14g,	Pancake Sausage on Stick 220/22g
				Grits 130/29g	, 2 oz. Mix Fruit 30/7.5g, 1 oz. Strawb 6/1g	
POS EB2				WGR Toast 70/13g w/ Jelly 35/7g	1 ea. Apple Cin Muffin 190/30g	
		Or	Or	Or		Or
		Cereal and	Cereal and	Cereal and	Cereal and	Cereal and
		WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g
Week Two		3/25/2019	3/26/2019	2/27/2019	3/28/2019	3/29/2019
POS EL1			Mini Blueberry Pancake 248/41g	Hash Brown Patty 135/15g	Turkey Sausage & Gravy Pizza	Egg and Cheese Muffin
				Turkey Sausage Patty 150/1g	240/27g	200/26g
POS EB2				WGR Toast 70/13g w/ Jelly 35/7g		
			Or	Or	Or	Or
			Cereal and	Cereal and	Cereal and	Cereal and
			WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g

