

Richland One School District
February 2019 Elementary School Breakfast Menu

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

REVISED 1/30/19

OFFERED DAILY
Fresh Fruit, Juice, and Milk

	2/4/2019	2/5/2019	2/6/2019	2/7/2019	2/8/2019	
Week Three						
POS EL1	Turkey Sausage Biscuit 200/16g	Dutch Waffle 300/43g	Cheezy WGR Grits	Yogurt Parfait 51g	Pancake Sausage on Stick 220/22g	
		2 oz. Fresh Strawberries 23.5/5.5g	1/2 Grits W/1 oz cheese 160/29g			
			WGR Toast 70/13g w/ Jelly 35/7g			
POS EB2	Or	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	
	2/11/2019	2/12/2019	2/13/2019	2/14/2019	2/15/2019	
Week Four						
POS EL1	Mini Maple Pancakes 210/35g	Turkey Ham on Hawaiian Bun	1/2 c WGR Grits 80/15g	Eggo Waffles 200/35G	Maple Glaze Stick	
		198/28g	1.7 oz Country Beef Steak 9g		120/23g	
			WGR Toast 70/13g w/ Jelly 35/7g			
POS EB2	Or	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	
	2/18/2019	2/19/2019	2/20/2019	2/21/2019	2/22/2019	
Week One						
POS EL1		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		
				WGR Toast 70/13g w/ Jelly 35/7g	1 ea. Apple Cin Muffin 190/30g	
POS EB2		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	
	2/25/2019	2/26/2019	2/27/2019	2/28/2019		
Week Two						
POS EL1	2 oz. Scram'd Eggs w/Cheese 2g	Mini Blueberry Pancake 248/41g	Hash Brown Patty 135/15g	Turkey Sausage & Gravy Pizza	Egg and Cheese Muffin	
	3 oz. Roasted Potatoes 19g		Turkey Sausage Patty 150/1g	240/27g	200/26g	
	WGR Toast 70/13g w/ Jelly 35/7g		WGR Toast 70/13g w/ Jelly 35/7g			
POS EB2	Or	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	

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

Revised 1/30/19