

K-8 Breakfast



*Grades K-8
Breakfast Menu*

Winter 2025

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
<i>Week 1</i>	Feb 17	Feb 18	Feb 19	Feb 20	Feb 21
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> ● Presidents' Day ● RPS Closed 	<ul style="list-style-type: none"> ● Managers' Choice 	<ul style="list-style-type: none"> ● Managers' Choice 	<ul style="list-style-type: none"> ● Country Steak Biscuit or Pop Tart w/ Cheese Stick ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Mini Waffles or Cereal w/ Cheese Stick ● Fresh Fruit ● Chilled Pineapple ● Assorted Milk
<i>Week 2</i>	Feb 24	Feb 25	Feb 26	Feb 27	Feb 28
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> ● Yogurt Parfait w/ Granola or Cereal w/ Cheese Stick ● Mandarin Oranges ● Fresh Fruit ● Assorted Milk 	<ul style="list-style-type: none"> ● Turkey Sausage Breakfast Pizza or Muffin w/Boiled Egg ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Egg & Cheese Biscuit or Cereal & Yogurt Cup ● Applesauce Cup ● Fresh Fruit ● Assorted Milk 	<ul style="list-style-type: none"> ● Banana Bread Slice or Pop Tart w/ Cheese Stick ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Mini Pancakes or Cereal w/ Cheese Stick ● Fresh Fruit ● Mixed Fruit ● Assorted Milk
<i>Week 3</i>	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7
Entree Fruit (Choose 1-2) Milk (Choose 1)	<ul style="list-style-type: none"> ● Goody Bun or Cereal w/Cheese Stick ● Fresh Fruit ● Chilled Peaches ● Assorted Milk 	<ul style="list-style-type: none"> ● Blueberry Waffle Envy or Muffin w/ Boiled Egg ● Banana ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Egg-Cheese Eng. Muffin or Cereal & Yogurt Cup ● Fresh Fruit ● Chilled Pears ● Assorted Milk 	<ul style="list-style-type: none"> ● Managers' Choice 	<ul style="list-style-type: none"> ● Managers' Choice

Alternative Entree Options

Nutrition Bites

March's *Nutrition Bites*: Kale is the Virginia harvest of the month! Packed with vitamins A, C, and K, plus fiber and antioxidants, it's a superfood that supports strong bones and a healthy immune system. Try adding kale to smoothies, salads, or crispy kale chips at home for a tasty, nutritious snack!