

RICHMOND COMMUNITY SCHOOLS

GREAT START BREAKFAST MENU—NOVEMBER 2023

| MONDAY | | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|--|
| <p>Each meal includes choice of entrée, milk, one cup of vegetable items and 1/2 cup of fruit items. A fruit or vegetable serving is required with every reimbursable meal. Seasonal fresh fruit selections will include apples, oranges, watermelon, cantaloupe, bananas, pears, grapes, pineapple.</p> <p>Milk choices include fat free or 1% unflavored, and fat free chocolate or strawberry flavored.</p> <p>*Menu Subject to Change Without Notice*</p> | | | 1 | 2 | 3 |
| | | | <p>WG Kix Cereal</p> <p>WG Graham Fish</p> <p>Sliced Oranges</p> <p>1% FF White Milk</p> | <p>WG Banana Bread Slice</p> <p>Sliced Apples</p> <p>1% FF White Milk</p> | <p>No School</p>  |
| 6 | 7 | 8 | 9 | 10 | |
| <p>WG Trix Cereal</p> <p>WG Gram Fish</p> <p>Sliced Apples*</p> <p>1% FF White Milk</p> | <p>No School</p>  | <p>WG Cheerios Cereal</p> <p>String Cheese</p> <p>100% Fruit Juice</p> <p>1% FF White Milk</p> | <p>WG Cinnamon Bread Slice</p> <p>Sliced Apples*</p> <p>1% FF White Milk</p> | <p>No School</p>  | |
| 13 | 14 | 15 | 16 | 17 | |
| <p>WG Rice Chex Mix</p> <p>WG Graham Fish</p> <p>Sliced Apples*</p> <p>1% FF White Milk</p> | <p>Yogurt & WG Graham Fish</p> <p>Fresh Banana</p> <p>1% White Milk</p> | <p>WG Kix Cereal</p> <p>Graham Fish</p> <p>Sliced Oranges</p> <p>1% FF White Milk</p> | <p>WG Banana Bread Slice</p> <p>Sliced Apples*</p> <p>1% FF White Milk</p> | <p>No School</p>  | |
| 20 | 21 | 22 | 23 | 24 | |
| <p>WG Trix Cereal</p> <p>WG Gram Fish</p> <p>Sliced Apples*</p> <p>1% FF White Milk</p> | <p>WG Mini Cinnamon French Toast</p> <p>Fresh Banana</p> <p>1% FF White Milk</p> | <p>Thanksgiving Break No School</p> | <p>Thanksgiving Break</p> | <p>Thanksgiving Break</p> | |
| | |  | | | |
| 27 | 28 | 29 | 30 |  Product of Michigan <p>Richmond Community Schools Will participate in MI Farm to School. (*) = food choice utilizing MI based items.</p> | |
| <p>WG Rice Chex Mix</p> <p>WG Graham Fish</p> <p>Sliced Apples*</p> <p>1% FF White Milk</p> | <p>Yogurt & WG Graham Fish</p> <p>Fresh Banana</p> <p>1% White Milk</p> | <p>WG Kix Cereal</p> <p>Graham Fish</p> <p>Sliced Oranges</p> <p>1% FF White Milk</p> | <p>WG Banana Bread Slice</p> <p>Sliced Apples*</p> <p>1% FF White Milk</p> | | |