

# RICHMOND COMMUNITY SCHOOLS GREAT START BREAKFAST MENU — OCTOBER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>WG Rice Chex Mix WG Graham Fish</div> <div>Sliced Apples</div> <div>1% White Milk</div>	<div>3</div> <div>WG Mini Cinnamon French Toast</div> <div>Fresh Banana</div> <div>1% White Milk</div>	<div>4</div> <div>WG Kix Cereal Graham Fish</div> <div>Sliced Oranges</div> <div>1% White Milk</div>	<div>5</div> <div>WG Banana Bread</div> <div>Sliced Apples</div> <div>1% White Milk</div>	<div>6</div> <div></div>
<div>9</div> <div>WG Trix Cereal WG Gram Fish</div> <div>Sliced Apples</div> <div>1% White Milk</div>	<div>10</div> <div>Yogurt &amp; WG Graham Fish</div> <div>Fresh apples</div> <div>1% White Milk</div>	<div>11</div> <div>WG Cheerios Cereal String Cheese</div> <div>100% Fruit Juice</div> <div>1% White Milk</div>	<div>12</div> <div>WG Cinnamon Bread</div> <div>Sliced Apples</div> <div>1% White Milk</div>	<div>13</div> <div>No Lunches Served</div> <div></div>
<div>16</div> <div>WG Rice Chex Mix WG Graham Fish</div> <div>Sliced Apples</div> <div>1% White Milk</div>	<div>17</div> <div>WG Mini Cinnamon French Toast</div> <div>Fresh Banana</div> <div>1% White Milk</div>	<div>18</div> <div>WG Kix Cereal Graham Fish</div> <div>Sliced Oranges</div> <div>1% White Milk</div>	<div>19</div> <div>WG Banana Bread</div> <div>Sliced Apples</div> <div>1% White Milk</div>	<div>20</div> <div></div>
<div>23</div> <div>WG Trix Cereal WG Gram Fish</div> <div>Sliced Apples</div> <div>1% White Milk</div>	<div>24</div> <div>Yogurt &amp; WG Graham Fish</div> <div>Fresh apples</div> <div>1% White Milk</div>	<div>25</div> <div>WG Cheerios Cereal String Cheese</div> <div>100% Fruit Juice</div> <div>1% White Milk</div>	<div>26</div> <div>WG Cinnamon Bread</div> <div>Sliced Apples</div> <div>1% White Milk</div>	<div>27</div> <div></div>
<div>30</div> <div>WG Rice Chex Mix WG Graham Fish</div> <div>Sliced Apples</div> <div>1% White Milk</div>	<div>31</div> <div>WG Mini Cinnamon French Toast</div> <div>Fresh Banana</div> <div>1% White Milk</div> <div></div> <div></div> <div>Product of Michigan</div> <div>Richmond Community Schools Will participate in MI Farm to School. (*) = food choice utilizing MI based items.</div> <div>Each meal includes entrée, milk, 1/4—1/2 cup of vegetable items and 1/4—1/2 cup of fruit items.</div> <div>Milk choices include 1% unflavored.</div> <div>*Menu Subject to Change Without Notice*</div> <div>Nutritional information is available on the Food Service web page of the Richmond Community School District Website.</div> <div>"This institution is an equal oppor- tunity provider."</div>			