

# New Richmond K-6 Breakfast Cycle Menu

Our breakfast program depends on student participation. Please consider purchasing a nutritious meal from our cafeterias. Free & Reduced applications may be filled out any time during the school year. If you qualify for Free or Reduced lunch you also qualify for Free or Reduced breakfast

## MEAL PRICING:

Breakfast Full Price	\$1.60
Reduced Breakfast Price	\$0.40
Milk Only	\$0.60

## BREAKFAST Menu

## January-May 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/7 2/4 3/4 4/8 5/6	Breakfast Pizza or Donut Holes	Biscuits & Gravy or Cinnamon Roll Pull Apart	Mini Pancakes or Bagel w/Cream Cheese	French Toast w/ Sausage Link	Biscuits & Gravy Or Mini Donuts
1/14 2/11 3/11 4/15 5/13	Pancake Sausage Stick or Donut Holes	Biscuits & Gravy or Muffin w/ Graham Crackers	Breakfast Pizza or Mini Donuts	Apple Strudel or Toaster Pastry w/Graham Crackers	Biscuits & Gravy or Bagel w/Cream Cheese
1/22 2/19 3/18 4/22 5/20	Breakfast Pizza or Donut Holes	Biscuits & Gravy or Cinnamon Roll Pull Apart	Mini Pancakes or Bagel w/Cream Cheese	French Toast w/ Sausage Link	Biscuits & Gravy or Mini Donuts
1/28 2/25 4/1 4/29	Pancake Sausage Stick or Donut Holes	Biscuits & Gravy or Muffin w/ Graham Crackers	Breakfast Pizza or Mini Donuts	Apple Strudel or Toaster Pastry w/Graham Crackers	Biscuits & Gravy or Bagel w/Cream Cheese

## OTHER DAILY SELECTIONS:

Cereal Bowl Packs or Cereal Bars  
Milk Choice 100% Juice Sunny Sip Juice Fruit Graham Crackers

NREVSD FSD can not guarantee potential allergens for food sensitive individuals

Menu subject to change

This institution is an equal opportunity provider

## NUTRITION BITES

- Breakfast is an important source of vitamin D and calcium, providing 40% of vitamin D and 25% of calcium to children age 2 to 19<sup>1</sup>
- Cereal contributes less than 10% of calories, but over 25% of daily intake of essential nutrients and whole grain in the diets of children who eat cereal<sup>2</sup>

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	