

New Richmond K-6 Breakfast Cycle Menu

Our breakfast program depends on participation from our customers. Please consider purchasing meals from our cafeteria. 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

August-December 2018

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/21 9/17 10/15 11/12 12/17	Mini Donuts	Biscuits & Gravy or Toaster Pastry	Muffins	Mini Pancakes	Biscuits & Gravy or Bagel w/cream cheese
8/27 9/24 10/22 11/27	Pancake Sausage Stick or Donut Holes	Biscuits & Gravy or Muffins	Apple Strudel or Breakfast Pizza	French Toast w/sausage link	Biscuits & Gravy or Yogurt w/cheese stick
9/4 10/1 10/29 12/3	Mini Donuts	Biscuits & Gravy or Toaster Pastry	Muffins	Mini Pancakes	Biscuits & Gravy or Bagel w/cream cheese
9/10 10/9 11/5 12/10	Pancake Sausage Stick or Donut holes	Biscuits & Gravy or Muffins	Apple Strudel or Breakfast Pizza	Super Donut	Biscuits & Gravy or Yogurt w/cheese stick

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 191
- 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 cereal2