

# New Richmond K-5 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 \$0.30  
 Milk Only \$0.60

## BREAKFAST Menu

## August-December 2022

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8/17 9/12 10/10 11/14 12/12	Muffin Fruit Juice Milk	Mini Donuts Fruit Juice Milk	Cereal Packs or Poptart Packs Milk	Mini Pancakes Fruit Juice Milk	Biscuit/Gravy Fruit Juice Milk
8/22 9/19 10/18 11/21	Bagel w/Cream Cheese Fruit Juice Milk	Donut Fruit Juice Milk	Cereal Packs or Poptart Packs Milk	Mini Muffin Loaf Fruit Juice Milk	Biscuit/Gravy Fruit Juice Milk
8/29 9/27 10/24 11/28	Muffin Fruit Juice Milk	Mini Donuts Fruit Juice Milk	Cereal Packs or Poptart Packs Milk	Mini Pancakes Fruit Juice Milk	Biscuits/Gravy Fruit Juice Milk
9/6 10/3 11/7 12/5	Bagel w/Cream Cheese Fruit Juice Milk	Donuts Fruit Juice Milk	Cereal Packs or Poptart Packs Milk	Mini Muffin Loaf Fruit Juice Milk	Biscuits/Gravy Fruit Juice Milk

## OTHER DAILY SELECTIONS:

Cereal Bowl  
 Packs 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>