

November 2017

RICHLAND R-IV Schools

BREAKFAST



School Information: Type your school information here.



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday



Cereal with NutriGrain Bar **6**

Cereal with Berry Muffin **13**

Mini Pancake Wraps **20**

Berry Patch Smoothie with Grahams **27**

Tuesday



Chocolate Bread Slice **7**

French Toast Sticks **14**

Chocolate Bread Slice **21**

Cereal with String Cheese **28**

Wednesday

Cream Cheese Filled Mini Bagels **1**

Mini Banana Pancakes **8**

Breakfast Pizza **15**

NO SCHOOL **22**

Cream Cheese Filled Mini Bagels **29**

Thursday

Cinnamon Roll **2**

Cereal with Pop Tart **9**

Cinnamon Roll **16**



23

Cinnamon Roll **30**

Friday

Cereal with "Go Big" Yogurt **3**

NO SCHOOL **10**

Cereal with "Go Big" Yogurt **17**



24

