

**Richmond Heights Local School District**  
**August/September Breakfast Menu**  
**Student Breakfast \$1.65 Reduced price \$0.30**



www.eatlearnlive.com/chartbusters

Milk choices include skim or 1% in a variety of flavors.

Monday	Tuesday	Wednesday	Thursday	Friday
	24 Egg & Cheddar on a Whole Wheat English Muffin Served With Fresh Banana Milk	25 Pipin' Hot Oatmeal Served With Warm Baked Apples 100% Orange Juice Milk	26 Whole Grain Reduced Fat Apple Cinnamon Muffin Hard Boiled Egg Grapes Milk	27 Whole Grain French Toast Sticks Syrup- 1 oz. Orange Wedges Milk
30 Whole Grain Pancakes Served With Mixed Fruit Milk	31 Whole Grain Reduced Fat Blueberry Loaf Served With Graham Crackers Fresh Locally Grown Apple Milk	1 Western Scrambled Eggs Served With Whole Wheat Toast Home Fried Potatoes Milk	2 Whole Wheat Bagel Half Served With Low-Fat Cream Cheese Hard Boiled Egg Orange Slices Milk	3 Egg & Cheddar on Whole Wheat English Muffin Served With 100% Orange Juice Milk
6 Labor Day No School	7 Egg & Cheddar on a Whole Wheat Bagel Served With Orange Juice Milk	8 Whole Grain Pancakes Served With Turkey Sausage Patty Warm Fruit Topping Fresh Banana Milk	9 Fresh Baked Breakfast Round Served With Applesauce Milk	10 Cinnamon Apple Breakfast Quesadilla Served With Fresh Grapes Chilled Orange Juice Milk
13 Breakfast Fruit Yogurt Parfait Served With Honey Graham Crackers Raisins Milk	14 Whole Grain Breakfast Burrito Served With Fresh Locally Grown Apple Milk	15 Whole Wheat Pita Triangles Served With Apples & Carrots w/Yogurt for Dipping Grape Juice Milk	16 Cheesy Eggs Served With Whole Wheat Bagel Half with Promise Spread Fresh Orange Slices Milk	17 Whole Grain Reduced Fat Apple Cinnamon Muffin Served With Low-Fat String Cheese Fresh Cantaloupe Milk

**AVAILABLE DAILY**

Assortment of high fiber, low sugar cold cereals:

Cheerios, Kix, Corn Flakes, Reduced Sugar Cinnamon Toast Crunch, Reduced Sugar Trix, Bite Size Frosted Mini Wheats, Bite Size Chocolate Frosted Mini Wheats, Rice Krispies

All cereals served with your choice of:

Graham Cracker, Whole Wheat Reduced Fat Muffin, String Cheese or Yogurt

Fruit or Juice

Milk



Go to [MyPyramid.gov](http://MyPyramid.gov) for online personal wellness resources for you and your family.

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