

EAT LEARN. LIVE

Richmond Heights Elementary Breakfast

STUDENT BREAKFAST \$1.30

February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cereal Applesauce Low Fat Milk Choice	2 Yogurt Animal Crackers Fresh Orange Wedges Low Fat Milk Choice	3 Cinnamon Rolls Chilled OJ Low Fat Milk	4 Bagel Stick Pears Low Fat Milk	5 Maple Pancake Wrap Chilled Juice Low Fat Milk Choice
8 Cereal Bar Cheese Stick Peaches Low Fat Milk Choice	9 Breakfast Pizza Pears Low Fat Milk Choice	10 Yogurt Teddy Grahams Pineapple Low Fat Milk Choice	11 Egg, Sausage & n Cheese Sandwich Banana Low Fat Milk Choice	12 Poptart Cheese stick Fruit Low Fat Milk Choice
15 No School Presidents' Day	16 Cereal Pears Low Fat Milk Choice	17 Cinnamon Rolls Peaches Low Fat Milk Choice	18 Grits Sausage OJ Low Fat Milk Choice	19 Bagel Stick Mixed Fruit Low Fat Milk Choice
22 Poptart Cheese stick Pineapple Low Fat Milk Choice	23 Egg, Sausage & cheese Sandwich Peaches Low Fat Milk	24 Cereal Bar Cheese stick Fresh Orange Wedges Low Fat Milk	25 Breakfast Pizza Applesauce Low Fat Milk	26 French Toast Sticks Sausage OJ Low Fat Milk Choice

Cheese Sandwich Available Daily as An Alternate Entrée**
 Low Fat Milk Choices Include: low fat (1%) white, chocolate, and strawberry milk.



Balanced Choices Meals are nutrient dense offerings that go beyond nutritional standards set forth by the National School Lunch Program. Each meal is designed to meet 1/3 of students' daily requirements for calories, Vitamins A & C, calcium, and iron and to provide no >30% of calories, no >10% calories from saturated fat, and no >1300 mg of sodium.