

Richmond Heights Elementary Breakfast

STUDENT BREAKFAST \$1.30

January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Winter Break Back to School on Monday
4 Poptart Peaches Low fat Milk Choice	5 Cereal Applesauce Low Fat Milk	6 Egg, Ham & Cheese Sandwich Pears Low Fat Milk Choice	7 Yogurt Animal Crackers Fresh Orange Smiles Low Fat Milk Choice	8 Cinnamon Rolls Chilled Orange Juice Low Fat Milk Choice
11 Cereal Fresh Fruit Low Fat Milk Choice	12 French Toast Sticks Applesauce Low Fat Milk Choice	13 Breakfast Pizza 100% Juice Low Fat Milk Choice	14 Teddy Grahams Cheese Stick Fruit Low Fat Milk Choice	15 Maple Pancake Wrap 100% Juice Low Fat Milk Choice
18 Martin Luther King Day No School	19 Yogurt Animal Crackers Fruit Low Fat Milk	20 Bagel Stick Pears Low Fat Milk	21 Cinnamon Rolls Fresh Fruit Low Fat Milk	22 Cereal 100% Juice Low Fat Milk Choice
25 Waffle Sticks/syrup 100% Juice Low Fat Milk	26 Egg, Sausage, Cheese Sandwich Fresh Fruit Low Fat Milk	27 Hot Breakfast Pizza Peaches Low Fat Milk	28 Cereal Pears Low Fat Milk Choice	29 Yogurt Animal Crackers Fresh Fruit 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.