

# Richton School District

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BREAKFAST  
MARCH 2020

Feb 19, 2020

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|---|---|--|--|---|
| Mar - 2<br><br>Southern Biscuit<br>Sausage Patty<br>Cherry Frudel<br>Assorted Cold Cereals<br>Cocoa Cereal Squares<br>Fresh Fruit Bowl<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk              | Mar - 3<br><br>Hot Grits<br>Bacon Strips<br>Assorted Cold Cereals<br>Fruit Flavor Cereal Bar<br>Fresh Fruit Bowl<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk<br>Assorted Jellies              | Mar - 4<br><br>Sausage & Pancake<br>on a Stick<br>Assorted Cold Cereals<br>Strawberry Toaster<br>Pastry<br>Yogurt Parfait<br>Fresh Pears<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk<br>Pancake Syrup              | Mar - 5<br><br>Hot Grits<br>Sausage Patty<br>Assorted Cold Cereals<br>Fruit Flavor Cereal Bar<br>Fresh Fruit Bowl<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk<br>Assorted Jellies              | Mar - 6<br><br>Croissant<br>Sausage Patty<br>Assorted Cold Cereals<br>Fresh Fruit Bowl<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk              |
| Mar - 9<br><br>Southern Biscuit<br>Sausage Patty<br>Cherry Frudel<br>Assorted Cold Cereals<br>Cocoa Cereal Squares<br>Fresh Fruit Bowl<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk              | Mar - 10<br><br>Hot Grits<br>Bacon Strips<br>Assorted Cold Cereals<br>Fruit Flavor Cereal Bar<br>Fresh Fruit Bowl<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk<br>Assorted Jellies             | Mar - 11<br><br>Sausage & Pancake<br>on a Stick<br>Assorted Cold Cereals<br>Strawberry Toaster<br>Pastry<br>Yogurt Parfait<br>Fresh Pears<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk<br>Pancake Syrup             | Mar - 12<br><br>Hot Grits<br>Sausage Patty<br>Assorted Cold Cereals<br>Fruit Flavor Cereal Bar<br>Fresh Fruit Bowl<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk<br>Assorted Jellies             | Mar - 13<br><br>Croissant<br>Sausage Patty<br>Assorted Cold Cereals<br>Fresh Fruit Bowl<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk             |
| Mar - 16<br>Mar - 23<br><br>Southern Biscuit<br>Sausage Patty<br>Cherry Frudel<br>Assorted Cold Cereals<br>Cocoa Cereal Squares<br>Fresh Fruit Bowl<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk | Mar - 17<br>Mar - 24<br><br>Hot Grits<br>Bacon Strips<br>Assorted Cold Cereals<br>Fruit Flavor Cereal Bar<br>Fresh Fruit Bowl<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk<br>Assorted Jellies | Mar - 18<br>Mar - 25<br><br>Sausage & Pancake<br>on a Stick<br>Assorted Cold Cereals<br>Strawberry Toaster<br>Pastry<br>Yogurt Parfait<br>Fresh Pears<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk<br>Pancake Syrup | Mar - 19<br>Mar - 26<br><br>Hot Grits<br>Sausage Patty<br>Assorted Cold Cereals<br>Fruit Flavor Cereal Bar<br>Fresh Fruit Bowl<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk<br>Assorted Jellies | Mar - 20<br>Mar - 27<br><br>Croissant<br>Sausage Patty<br>Assorted Cold Cereals<br>Fresh Fruit Bowl<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk |
| Mar - 30<br><br>Southern Biscuit<br>Sausage Patty<br>Cherry Frudel<br>Assorted Cold Cereals<br>Cocoa Cereal Squares<br>Fresh Fruit Bowl<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk             | Mar - 31<br><br>Hot Grits<br>Bacon Strips<br>Assorted Cold Cereals<br>Fruit Flavor Cereal Bar<br>Fresh Fruit Bowl<br>Assorted Fruit Juices<br>Chocolate Milk<br>Fat Free Milk<br>Assorted Jellies             |  |  |   |

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.