



RICHMOND PUBLIC SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
March 29, 2021	March 30, 2021	March 31, 2021	April 1, 2021	April 2, 2021
			APPLE CINNAMON CHEERIOS Strawberry Square Mandarin Oranges Apple Juice Choice of Milk	FRUITY CHEERIOS Vanilla Square Applesauce Orange Tangerine Juice Choice of Milk
April 5, 2021	April 6, 2021	April 7, 2021	April 8, 2021	April 9, 2021
SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK	SPRING BREAK
April 12, 2021	April 13, 2021	April 14, 2021	April 15, 2021	April 16, 2021
FROSTED CORN FLAKES Maple Brown Sugar Bar Applesauce Strawberry Kiwi Juice Choice of Milk	FRUITY CHEERIOS Graham Crackers Mandarin Oranges Apple Juice Choice of Milk	MOZZARELLA STRING CHEESE Blueberry Muffin Mixed Fruit Cup Blended Fruit Juice Choice of Milk	VANILLA YOGURT Cinnamon Bun Peach Cup Apple Juice Choice of Milk	APPLE CINNAMON CHEERIOS Cherry Breakfast Bar Raisins Orange Tangerine Juice Choice of Milk
April 19, 2021	April 20, 2021	April 21, 2021	April 22, 2021	April 23, 2021
CINNAMON FLAKES Maple Brown Sugar Bar Raisins Blended Fruit Juice Choice of Milk	MOZZARELLA STRING CHEESE Double Chocolate Muffin Pineapple Cup Orange Tangerine Juice Choice of Milk	STRAWBERRY YOGURT Banana Muffin Craisins Grape Juice Choice of Milk	APPLE CINNAMON CHEERIOS Strawberry Square Mandarin Oranges Apple Juice Choice of Milk	FRUITY CHEERIOS Vanilla Square Applesauce Orange Tangerine Juice Choice of Milk
April 26, 2021	April 27, 2021	April 28, 2021	April 29, 2021	April 30, 2021
FROSTED CORN FLAKES Maple Brown Sugar Bar Applesauce Strawberry Kiwi Juice Choice of Milk	FRUITY CHEERIOS Graham Crackers Mandarin Oranges Apple Juice Choice of Milk	MOZZARELLA STRING CHEESE Blueberry Muffin Mixed Fruit Cup Blended Fruit Juice Choice of Milk	VANILLA YOGURT Cinnamon Bun Peach Cup Apple Juice Choice of Milk	APPLE CINNAMON CHEERIOS Cherry Breakfast Bar Raisins Orange Tangerine Juice Choice of Milk

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

*** This institution is an equal opportunity provider.

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Nutritional Information: RICHMOND PUBLIC SCHOOLS

Nutrition Information and menus are planned using a blended estimate of milk choices served in schools. For individual milk nutrients consult actual labels on cartons served at the school.

	Item Name	Calories	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Carbohydrates(g)	Fiber (g)	Sugar (g)	Protein (g)	Vitamin A (IU)	Vitamin C (mg)	Calcium (mg)	Iron (mg)	Contributions
04-01-2021																
	APPLE CINNAMON CHEERIOS Strawberry Square Mandarin Oranges Apple Juice	342	6	1	0	0	173	72	4	43	5	300	4	83	4	G/B:2sv WG F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-02-2021																
	FRUITY CHEERIOS Vanilla Square Applesauce Orange Tangerine Juice	341	6	1	0	0	192	71	4	39	5	401	49	85	3	G/B:2sv WG F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-05-2021																
	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-06-2021																
	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-07-2021																
	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-08-2021																
	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-09-2021																
	SPRING BREAK	0	0	0	0	0	0	0	0	0	0	0	0	0	0	
04-12-2021																
	FROSTED CORN FLAKES Maple Brown Sugar Bar Applesauce Strawberry Kiwi Juice	361	5	1	0	0	297	76	5	42	3	1	1	175	7	G/B:2sv WG F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-13-2021																
	FRUITY CHEERIOS Graham Crackers Mandarin Oranges Apple Juice	332	4	0	0	0	263	74	4	42	6	400	48	113	4	G/B:2sv WG F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

04-14-2021																		
	MOZZARELLA STRING CHEESE Blueberry Muffin Mixed Fruit Cup Blended Fruit Juice	310	8	4	0	33	284	47	3	31	12	239	4	210	1	MMA:1oz G/B:1sv WG F:1c		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
04-15-2021																		
	VANILLA YOGURT Cinnamon Bun Peach Cup Apple Juice	419	8	2	0	17	208	80	3	51	9	1420	30	320	6	MMA:1oz G/B:2sv WG F:1c		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
04-16-2021																		
	APPLE CINNAMON CHEERIOS Cherry Breakfast Bar Raisins Orange Tangerine Juice	456	8	1	0	0	250	98	6	56	6	300	5	93	4	G/B:2sv WG F:1c		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
04-19-2021																		
	CINNAMON FLAKES Maple Brown Sugar Bar Raisins Blended Fruit Juice	426	4	1	0	0	305	96	7	55	5	0	1	121	4	G/B:2sv WG F:1c		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
04-20-2021																		
	MOZZARELLA STRING CHEESE Double Chocolate Muffin Pineapple Cup Orange Tangerine Juice	313	8	4	0	33	291	46	2	30	12	244	6	212	1	MMA:1oz G/B:1sv WG F:1c		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
04-21-2021																		
	STRAWBERRY YOGURT Banana Muffin Craisins Grape Juice	380	3	0	0	18	144	81	4	61	6	33	1	155	1	MMA:1oz G/B:1sv WG F:1c		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
04-22-2021																		
	APPLE CINNAMON CHEERIOS Strawberry Square Mandarin Oranges Apple Juice	342	6	1	0	0	173	72	4	43	5	300	4	83	4	G/B:2sv WG F:1c		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			
04-23-2021																		
	FRUITY CHEERIOS Vanilla Square Applesauce Orange Tangerine Juice	341	6	1	0	0	192	71	4	39	5	401	49	85	3	G/B:2sv WG F:1c		
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0			

04-26-2021	FROSTED CORN FLAKES Maple Brown Sugar Bar Applesauce Strawberry Kiwi Juice	361	5	1	0	0	297	76	5	42	3	1	1	175	7	G/B:2sv WG F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-27-2021	FRUITY CHEERIOS Graham Crackers Mandarin Oranges Apple Juice	332	4	0	0	0	263	74	4	42	6	400	48	113	4	G/B:2sv WG F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-28-2021	MOZZARELLA STRING CHEESE Blueberry Muffin Mixed Fruit Cup Blended Fruit Juice	310	8	4	0	33	284	47	3	31	12	239	4	210	1	MMA:1oz G/B:1sv WG F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-29-2021	VANILLA YOGURT Cinnamon Bun Peach Cup Apple Juice	419	8	2	0	17	208	80	3	51	9	1420	30	320	6	MMA:1oz G/B:2sv WG F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
04-30-2021	APPLE CINNAMON CHEERIOS Cherry Breakfast Bar Raisins Orange Tangerine Juice	456	8	1	0	0	250	98	6	56	6	300	5	93	4	G/B:2sv WG F:1c
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

Meal Contributions : M/MA = Meat/Meat Alternate F = Fruit V = Vegetable G/B = Grain/Bread W/G = Whole Grain
Vegetable Types : DG = Dark Green R/O = Red/Orange L = Legumes S = Starchy O = Other
BeWell Types : BW-PLANT = Plant-Based BW-GF = Good Fat BW-LPP = Lean/Plant Protein BW-LS = Less Sugar
 BW-HF = High Fiber Food BW-PRO = Probiotics