

JUNE BREAKFAST



RICHMOND PUBLIC SCHOOLS

Monday	Tuesday	Wednesday	Thursday	Friday
May 31, 2021	June 1, 2021	June 2, 2021	June 3, 2021	June 4, 2021
	CINNAMON FLAKES ^ Maple Brown Sugar Bar ^ Raisins Blended Fruit Juice Choice of Milk	CHICKEN ^ & WAFFLE ^ Diced Pears Apple Juice Syrup Choice of Milk	FRUITY CHEERIOS ^ Vanilla Square ^ Applesauce Orange Tangerine Juice Choice of Milk	STRAWBERRY YOGURT Banana Muffin ^ Craisins Grape Juice Choice of Milk
June 7, 2021	June 8, 2021	June 9, 2021	June 10, 2021	June 11, 2021
FROSTED CORN FLAKES ^ Maple Brown Sugar Bar ^ Applesauce Strawberry Kiwi Juice Choice of Milk	CHEESY EGG TATER TOT-CHOS Graham Crackers ^ Diced Pears Choice of Milk	MOZZARELLA STRING CHEESE Blueberry Muffin ^ Mixed Fruit Cup Blended Fruit Juice Choice of Milk	BEEF SAUSAGE SLIDER ^ Diced Peaches Apple Juice Choice of Milk	APPLE CINNAMON CHEERIOS ^ Cherry Breakfast Bar ^ Raisins Orange Tangerine Juice Choice of Milk
June 14, 2021	June 15, 2021	June 16, 2021	June 17, 2021	June 18, 2021
CINNAMON FLAKES ^ Maple Brown Sugar Bar ^ Raisins Blended Fruit Juice Choice of Milk	CHICKEN BISCUIT ^ Mixed Fruit Orange-Tangerine Juice Choice of Milk	VANILLA YOGURT Cinnamon Bun ^ Peach Cup Apple Juice Choice of Milk	PANCAKES ^ Diced Pears Orange-Tangerine Juice Syrup Choice of Milk	FRUITY CHEERIOS ^ Vanilla Square ^ Applesauce Orange Tangerine Juice Choice of Milk
June 21, 2021	June 22, 2021	June 23, 2021	June 24, 2021	June 25, 2021
June 28, 2021	June 29, 2021	June 30, 2021	July 1, 2021	July 2, 2021

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.

Find your school's menus online at: preferredmealsmenu.com



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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
06-01-2021	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	
	06-02-2021															
06-02-2021	CHICKEN & WAFFLE ^	165	7	1	0	12	310	17	2	1	9	0	0	20	1	MMA:1oz G/B:1.25sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Apple Juice	60	0	0	0	0	5	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-03-2021																
06-03-2021	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	
06-04-2021																
06-04-2021	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	
06-07-2021																
06-07-2021	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	
06-08-2021																
06-08-2021	CHEESY EGG TATER TOT-CHOS	222	12	4	0	48	603	21	2	3	7	18	2	122	0	MMA:1oz V:1/2c S
	Graham Crackers ^	90	2	0	0	0	100	17	1	4	2	0	0	10	1	G/B:1sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

06-09-2021	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	
06-10-2021	BEEF SAUSAGE SLIDER ^	160	8	2	0	15	224	14	1	2	9	0	0	12	2	MMA:1oz G/B:1sv WG
	Diced Peaches	55	0	0	0	0	1	13	1	12	2	0	4	2	0	F:1/2c BW-PLANT
	Apple Juice	60	0	0	0	0	5	14	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-11-2021	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	
06-14-2021	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	
06-15-2021	CHICKEN BISCUIT ^	245	8	1	0	12	465	33	4	5	12	0	0	68	2	MMA:1oz G/B:2.25sv WG
	Mixed Fruit	52	0	0	0	0	5	12	1	10	2	5	3	5	0	F:1/2c BW-PLANT
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	
06-16-2021	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	
06-17-2021	PANCAKES ^	130	2	0	0	5	240	26	3	6	4	0	0	63	1	G/B:2sv WG
	Diced Pears	56	0	0	0	0	9	15	2	9	2	0	1	1	0	F:1/2c BW-PLANT
	Orange-Tangerine Juice	60	0	0	0	0	10	15	0	13	0	0	0	0	0	F:1/2c BW-PLANT
	Syrup	80	0	0	0	0	10	20	0	10	0	0	0	0	0	
	Choice of Milk	121	1	1	0	8	139	19	0	17	8	493	0	302	0	

06-18-2021

FRUITY CHEERIOS

Vanilla Square

Applesauce

Orange Tangerine Juice

341	6	1	0	0	192	71	4	39	5	401	49	85	3
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G/B:2sv WG F:1c

Choice of Milk

121	1	1	0	8	139	19	0	17	8	493	0	302	0
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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