



# BREAKFAST

# OCTOBER 2021

"This institution is an equal Opportunity provider"

## RICHLAND AND ITHACA SCHOOL DISTRICTS

Monday

Tuesday

Wednesday

Thursday

Friday

Apple Frudel  
Pears  
Juice  
Milk

4

Cereal Bar  
Mandarin Oranges  
String Cheese  
Juice  
Milk

5

Breakfast Pizza  
Pineapple  
Juice  
Milk

6

Pop Tart  
Apple Slices  
Juice  
Milk

7

Blueberry Muffin  
Applesauce  
Juice  
Milk  
RC - Homecoming

1

Cereal  
Orange  
Juice  
Milk

8

Banana Bread  
Applesauce  
Juice  
Milk

11

Ultimate Breakfast  
Cookie  
String Cheese  
Mixed Fruit  
Juice

12

WG Pancakes  
Fresh Fruit  
Juice  
Milk

13

ITHACA – Early Release

Breakfast Bar  
Pears  
Juice  
Milk

14

RC – Early Release

Cereal  
Mandarin Oranges  
Juice  
Milk

15

RC – No School

Mini Cinnis  
Peaches  
Juice  
Milk

18

Cereal Bar  
String Cheese  
Pineapple  
Juice  
Milk

19

Ham, Egg & Cheese  
Combo  
Pears  
Juice  
Milk

20

Cereal  
Banana  
Graham Cracker  
Juice  
Milk

21

Nutri-Grain Bar  
Applesauce  
Juice  
Milk  
ITHACA – No School

22

Cereal  
Mandarin Oranges  
Juice  
Milk

25

Breakfast Pizza  
Peaches  
Juice  
Milk

26

WG Donut  
Pineapple  
Juice  
Milk

27

Egg & Cheese on WG  
English Muffin  
Applesauce  
Juice  
Milk

28

Pop Tart  
Fresh Fruit  
Juice  
Milk

29



All meals are subject to change due to product availability.

Any Food Service question contact Jodie at 647-6063 or at [prej@richland.k12.wi.us](mailto:prej@richland.k12.wi.us)