


**Richland One School District**  
**January 2018-19 Elementary School Breakfast Menu**

\*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

<b>OFFERED DAILY</b>
Assorted Fresh Fruit, Juice, and Milk

	1/7/2019	1/8/2019	1/9/2019	1/10/2019	1/11/2019	
<b>Week Three</b>						
<b>POS EL1</b>	Turkey Sausage Biscuit 200/16g	Dutch Waffle 300/43g	Cheezy WGR Grits	Cherry Frudel 210/36g	Pancake Sausage on Stick 220/22g	
		2 oz. Fresh Strawberries 23.5/5.5g	1/2 Grits W/1 oz cheese 160/29g	Eggo's Choc Chip		
			WGR Toast 70/13g w/ Jelly 35/7g	Mini French Toast 210/35g		
<b>POS EB2</b>	<b>Or</b>	<b>Or</b>	<b>Or</b>	<b>Or</b>	<b>Or</b>	
	Asst. Dry Cereal	Asst. Dry Cereal	Asst. Dry Cereal	Asst. Dry Cereal	Asst. Dry Cereal	
	Blueberry Muffin 30g	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	
	1/14/2019	1/15/2019	1/16/2019	1/17/2019	1/18/2019	
<b>Week Four</b>						
<b>POS EL1</b>	Mini Maple Pancakes 210/35g	Turkey Ham on Hawaiian Bun	1/2 c WGR Grits 80/15g	Eggo Waffles 200/35G	Maple Glaze Stick	
		198/28g	1.7 oz Country Beef Steak 9g		120/23g	
			WGR Toast 70/13g w/ Jelly 35/7g			
<b>POS EB2</b>	<b>Or</b>	<b>Or</b>	<b>Or</b>	<b>Or</b>	<b>Or</b>	
	Asst. Dry Cereal	Asst. Dry Cereal	Asst. Dry Cereal	Asst. Dry Cereal	Asst. Dry Cereal	
	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	
	1/21/2019	1/22/2019	1/23/2019	1/24/2019	1/25/2019	
<b>Week One</b>						
<b>POS EL1</b>		Turkey Sausage Roll 260/34g	Sliced Pork Ham 190/2g	Yogurt Bar w/ 1/2 C Vanilla Yogurt 70/14g,	Pancake Sausage on Stick 220/22g	
			Grits 130/29g	, 2 oz. Mix Fruit 30/7.5g, 1 oz. Strawb 6/1g		
				WGR Toast 70/13g w/ Jelly 35/7g	1 ea. Apple Cin Muffin 190/30g	
<b>POS EB2</b>		<b>Or</b>	<b>Or</b>		<b>Or</b>	
		Asst. Dry Cereal	Asst. Dry Cereal	Or	Asst. Dry Cereal	
		WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	Asst. Dry Cereal & WGR Toast	WGR Toast 70/13g w/ Jelly 35/7g	
	1/28/2019	1/29/2019	1/30/2019	1/31/2019	2/1/2019	
<b>Week Two</b>						
<b>POS EL1</b>	Sunrise Stick	Mini Blueberry Pancake 248/41g	Hash Brown Patty 135/15g	Turkey Sausage & Gravy Pizza	Egg and Cheese Muffin	
	168/16.84G		Turkey Sausage Patty 150/1g	240/27g	200/26g	
			WGR Toast 70/13g w/ Jelly 35/7g			
<b>POS EB2</b>	<b>Or</b>	<b>Or</b>	<b>Or</b>	<b>Or</b>	<b>Or</b>	
	Asst. Dry Cereal	Asst. Dry Cereal	Asst. Dry Cereal	Asst. Dry Cereal	Asst. Dry Cereal	
	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	WGR Toast 70/13g w/ Jelly 35/7g	

**Assorted Cereals**  
**100-110 Kcals, 22-25 gms Carbs**

**Assorted Juice**  
**50-60 Kcals, 13-14gms Carbs**

**Assorted Milk**  
**34-130 Kcals, 5-24 gms Carbs**

**Revised 12/17/18**