Spring Break April 3 thru 7, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2	April 10	April 11	April 12	April 13	April 14
Meat, Meat Alt. & Grain (Choose 1)	Yogurt w/Muffin Assorted Cereal w/String Cheese	Super Bakery PastryKellogg's Cereal Kit	Steak on Southern Biscuit Assorted Cereal w/String Cheese	Turkey Bacon Egg & Cheese on English Muffin Assorted Cereal I w/String Cheese	Steak Biscuit Assorted Cereal w/Cheese Stick
Fruit & Vegetable (Choose 1-2)	Fresh Fruit in Season100% Fruit Juice	Fresh Granny Smith Apple100% Fruit Juice	Strawberries Cup 100% Fruit Juice	Assorted Fruit100% Fruit Juice	Fresh Orange100% Fruit Juice
Week 3	April 17	April 18	April 19	April 20	April 21
Meat, Meat Alt. & Grain (Choose 1)	 Poptart and Hardboiled Egg Assorted Cereal Bowl w/Cheese Stick 	Steak Biscuit Yogurt w/Muffin	Turkey Sausage Biscuit Assorted Cereal Bowl w/Cheese Stick	Yogurt w/Muffin Assorted Cereal Bowl w/Cheese Stick	Super Bakery Pastry Assorted Cereal Bowl w/Cheese Stick
Fruit & Vegetable (Choose 1-2)	Fresh Fruit in Season100% Fruit Juice	Fresh Apple100% Fruit Juice	Fruit Cups100% Fruit Juice	Fresh Assorted Fruit100% Fruit Juice	Fresh Orange100% Fruit Juice
Week 4	April 24	April 25	April 26	April 27	April 28
Meat, Meat Alt. & Grain (Choose 1)	Yogurt w/Muffin Assorted Cereal Bowl w.Cheese Stick	Sausage Pancake on a Stick Assorted Cereal Bowl w/Cheese Stick	Steak on Southern Biscuit Assorted Cereal Bowl w/Cheese Stick	Turkey Bacon, Egg & Cheese on English Muffin Assorted Cereal w/Cheese Stick	Steak Biscuit Assorted Cereal w/Cheese Stick
Fruit & Vegetable (Choose 1-2)	Fresh Fruit in Season100% Fruit Juice	Fresh Apple100% Fruit Juice	Fruit Cups100% Fruit Juice	Fresh Assorted Fruit100% Fruit Juice	Fresh Orange100% Fruit Juice
Milk (Choose 1 per meal)			USDA Nondiscrimination Statement: rvaschools.net/students-families/meal-distribution		

K - 12 School Breakfast Menu April -May 2023

RPS RICHMOND PUBLIC SCHOOLS

LF White | LF Chocolate | FF Skim