

# A MONTH OF WHOLE GRAIN RICH BREAKFAST MENUS FROM RICH'S®

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Rich's® 10204 Cinnamon Breakfast Swirl Made with Whole Grains/51</b></p> <p>2 whole grain cinnamon rolls,* 1 c. apple slices, 2 Tbsp. jam, 1 c. 1% milk</p> <p>Calories: 431 Fat: 3.44 g Sat Fat: 1.48 g Sodium: 184 mg</p>	<p><b>Rich's® 09315 Biscuit Made with Whole Grains/51</b></p> <p>Whole grain biscuit,* ½ c. orange juice, ½ c. grapes, 2 tsp. margarine, 1 Tbsp. jelly, 1 c. 1% milk</p> <p>Calories: 408 Fat: 9.44 g Sat Fat: 6.00 g Sodium: 488 mg</p>	<p><b>Rich's® 08818 Rip Stick™ Breadstick Dough Made with Whole Grains</b></p> <p>2 whole grain Rip Sticks, 1 turkey sausage, ½ c. cran/apple juice, ½ c. cinnamon applesauce, 1 c. 1% milk</p> <p>Calories: 408 Fat: 5.72 g Sat Fat: 2.14 g Sodium: 550 mg</p>	<p><b>Rich's® 65233 Farm Rich® Pizza Dipper</b></p> <p>4 whole grain cheese dippers,* ½ c. peaches, ½ c. apple juice, 1 c. 1% milk</p> <p>Calories: 482 Fat: 10.64 g Sat Fat: 4.98 g Sodium: 648 mg</p>	<p><b>Rich's® 65225 Pizza Cheese Crunchers® Rich's® 08818 Rip Stick™ Breadstick Dough Made with Whole Grains</b></p> <p>2 Pizza Cheese Crunchers®, 1 whole grain Rip Stick™, ½ c. strawberries, ½ c. cranberry juice, 1 c. 1% milk</p> <p>Calories: 426 Fat: 10.45 g Sat Fat: 3.7 g Sodium: 635 mg</p>
<p><b>Rich's® 08818 Rip Stick™ Breadstick Dough Made with Whole Grains</b></p> <p>1 scrambled egg, 2 whole grain Rip Sticks,* 1 orange, 1 c. 1% milk</p> <p>Calories: 360 Fat: 8.38 g Sat Fat: 3.02 g Sodium: 524 mg</p>	<p><b>Rich's® 37720 French Toast Sticks Made with 68% Whole Grains</b></p> <p>2 whole grain French toast sticks,* 2 Tbsp. maple syrup, ½ c. applesauce, ½ c. blueberries, 1 c. 1% milk</p> <p>Calories: 522 Fat: 11.56 g Sat Fat: 2.99 g Sodium: 367 mg</p>	<p><b>Rich's® 10204 Cinnamon Breakfast Swirl Made with Whole Grains/51</b></p> <p>1 whole grain cinnamon roll,* ½ c. fruit cocktail, ½ c. orange juice, 1 c. 1% milk</p> <p>Calories: 376 Fat: 3.39 g Sat Fat: 1.46 g Sodium: 178 mg</p>	<p><b>Rich's® 65234 Dice Turkey Pepperoni Pizzata</b></p> <p>1 whole grain Pizzata,* ½ c. strawberries, ½ c. apple juice, 1 c. 1% milk</p> <p>Calories: 414 Fat: 7 g Sat Fat: 3 g Sodium: 484 mg</p>	<p><b>Rich's® 07816 UBR® - Ultimate Breakfast Round® Dough - Cinnamon</b></p> <p>1 UBR®,* ½ c. orange juice, ½ c. pears, 1 c. 1% chocolate milk</p> <p>Calories: 570 Fat: 12.42 g Sat Fat: 5.68 g Sodium: 387 mg</p>
<p><b>Rich's® 09315 Biscuit Made with Whole Grains/51</b></p> <p>1 whole grain biscuit,* 1 oz. scrambled egg, ½ c. apple juice, ½ c. blueberries, 1 c. 1% milk</p> <p>Calories: 399 Fat: 12 g Sat Fat: 6.7 g Sodium: 571 mg</p>	<p><b>Rich's® 65302 Bar-B-Q Chicken Sandwich Melt</b></p> <p>1 chicken sandwich melt,* ½ c. strawberries, ½ c. pineapple chunks, 1 c. 1% milk</p> <p>Calories: 334 Fat: 7.54 g Sat Fat: 33.75 g Sodium: 506 mg</p>	<p><b>Rich's® 09315 Biscuit Made with Whole Grains/51</b></p> <p>1 whole grain biscuit,* ½ c. fruit cocktail &amp; streusel crumbs, ½ c. sliced banana, 1 c. 1% milk</p> <p>Calories: 425 Fat: 10.69 g Sat Fat: 6.31 g Sodium: 512 mg</p>	<p><b>Rich's® 09858 UBR® - Ultimate Breakfast Round® Dough - Sunberry Blast™</b></p> <p>1 UBR®,* ½ c. sliced peaches, ½ c. orange juice, 1 c. 1% milk</p> <p>Calories: 418 Fat: 7.37 g Sat Fat: 2.46 g Sodium: 314 mg</p>	<p><b>Rich's® 65220 Breaded Mozzarella Cheese Sticks</b></p> <p>3 whole grain breaded mozzarella cheese sticks,* ½ c. blueberries, ½ c. apricots, 1 c. 1% milk</p> <p>Calories: 423 Fat: 7.85 g Sat Fat: 3.2 g Sodium: 456 mg</p>
<p><b>Rich's® 07816 UBR® - Ultimate Breakfast Round® Dough - Cinnamon</b></p> <p>1 UBR®,* ½ c. apple slices, ½ c. cranberry juice, 1 c. 1% milk</p> <p>Calories: 479 Fat: 10.4 g Sat Fat: 4.48 g Sodium: 336 mg</p>	<p><b>Rich's® 09315 Biscuit Made with Whole Grains/51</b></p> <p>1 whole grain biscuit* &amp; sausage gravy, 1 c. banana, 1 c. 1% milk</p> <p>Calories: 410 Fat: 13.3 g Sat Fat: 6.9 g Sodium: 896 mg</p>	<p><b>Rich's® 05295 Dinner Roll Dough Made with Whole Grains</b></p> <p>1 whole grain roll* slider with 1 oz. sausage patty, ½ c. mixed fruit, ½ c. apple juice, 1 c. 1% chocolate milk</p> <p>Calories: 530 Fat: 14.5 g Sat Fat: 4.7 g Sodium: 497 mg</p>	<p><b>Rich's® 10204 Cinnamon Breakfast Swirl Made with Whole Grains/51</b></p> <p>1 whole grain cinnamon roll,* 1 Tbsp. orange juice concentrate, 1 Tbsp. honey, ½ c. strawberries, 1 c. 1% milk</p> <p>Calories: 396 Fat: 3.69 g Sat Fat: 1.46 g Sodium: 172 mg</p>	<p><b>Rich's® 09431 UBR® - Ultimate Breakfast Round® Dough - Bluesberry™</b></p> <p>1 UBR®,* ½ c. pears, ½ c. apple juice, 1 c. 1% milk</p> <p>Calories: 434 Fat: 8.36 g Sat Fat: 2.46 g Sodium: 330 mg</p>
<p><b>Rich's® 37720 French Toast Sticks Made with 68% Whole Grains</b></p> <p>2 whole grain French toast sticks,* 1 oz. syrup, ½ c. cinnamon applesauce, ½ c. strawberries, 1 c. 1% milk</p> <p>Calories: 550 Fat: 11.58 g Sat Fat: 3.0 g Sodium: 370 mg</p>	<p><b>Rich's® 09315 Biscuit Made with Whole Grains/51</b></p> <p>1 whole grain biscuit,* 1 Tbsp. jam, 1 oz. syrup, ½ c. apricots, ½ c. cranberry juice, 1 c. 1% milk</p> <p>Calories: 457 Fat: 9.28 g Sat Fat: 5.94 g Sodium: 496 mg</p>	<p><b>Rich's® 08818 Rip Stick™ Breadstick Dough Made with Whole Grains</b></p> <p>1 scrambled egg/cheese, 1 whole grain Rip Stick™, ½ c. low sodium salsa, ½ c. apple juice 1 c. 1% milk</p> <p>Calories: 405 Fat: 12.84 g Sat Fat: 76.05 g Sodium: 620 mg</p>	<p><b>Rich's® 65225 Pizza Cheese Crunchers®</b></p> <p>2 whole grain Pizza Cheese Crunchers®,* ½ c. melon balls, ½ c. blueberries, 1 c. 1% milk</p> <p>Calories: 413 Fat: 10.29 g Sat Fat: 3.77 g Sodium: 507 mg</p>	<p><b>Rich's® 09718 16" Whole Grain Sheeted Pizza Dough</b></p> <p>1 slice whole grain breakfast pizza (½ oz. cheese, ½ c. scrambled egg, 1 oz. diced cooked turkey),* ½ c. grapes, ½ c. orange juice, 1 c. 1% milk</p> <p>Calories: 434 Fat: 11.6 g Sat Fat: 4.77 g Sodium: 473 mg</p>

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Menus analyzed using NutriKids® software program.

Find out more about our solutions at [richsfoodservice.com](http://richsfoodservice.com).



# A MONTH OF WHOLE GRAIN RICH LUNCH MENUS FROM RICH'S®

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Rich's® 09718 16" Whole Grain Sheeted Pizza Dough</b> <b>Rich's® 04810 Whole Grain Chocolate Chip Cookie Dough</b></p> <p>1 slice whole grain turkey sausage &amp; cheese pizza,* mixed dark green salad with diced tomatoes, fat free ranch dressing, grapes, milk</p> <p>Calories: 550 Fat: 17.90 g Sat Fat: 8.14 g Sodium: 1153 mg</p>	<p><b>Rich's® 08763 Sub Roll Dough Made with Whole Grains</b> <b>Rich's® 08175 Silver: Oatmeal Raisin Cookie Dough</b></p> <p>6" turkey sandwich on whole grain sub roll,* lettuce, tomato, diet mayo, carrot sticks, cherry &amp; pineapple cups, oatmeal cookie,* milk</p> <p>Calories: 712 Fat: 18.03 g Sat Fat: 5.25 g Sodium: 1113 mg</p>	<p><b>Rich's® 05295 Dinner Roll Dough Made with Whole Grains</b> <b>87177 Cowboy's Sauce Tubs with Diced Beef &amp; TVP</b></p> <p>Bar-B-Q beef slider on whole grain roll,* seasoned baked potato wedges, green beans, strawberries, milk</p> <p>Calories: 772 Fat: 15.17 g Sat Fat: 5.38 g Sodium: 410 mg</p>	<p><b>Rich's® 09315 Biscuit Made with Whole Grains/51</b> <b>Rich's® 04810 Whole Grain Chocolate Chip Cookie Dough</b></p> <p>Chicken strips, whole wheat cheddar biscuit,* broccoli florets with diced peaches cup, chocolate chip cookie,* milk</p> <p>Calories: 689 Fat: 24.73 g Sat Fat: 10.39 g Sodium: 967 mg</p>	<p><b>Rich's® 05295 Dinner Roll Dough Made with Whole Grains</b></p> <p>Baked lasagna, mixed dark green salad with spinach &amp; red cabbage, low fat salad dressing, diced apples &amp; pears, whole grain roll,* butter, milk</p> <p>Calories: 670 Fat: 24.35 g Sat Fat: 8.20 g Sodium: 1265 mg</p>
<p><b>Rich's® 65302 Bar-B-Q Chicken Sandwich Melt</b> <b>Rich's® 02559 On Top® Non-Dairy Dessert Topping</b></p> <p>Whole grain Bar-B-Q chicken sub* with lettuce, tomato, mixed fruit salad, chocolate pudding/On Top®,* milk</p> <p>Calories: 794 Fat: 19.62 g Sat Fat: 7.69 g Sodium: 1261 mg</p>	<p><b>Rich's® 04649 9" x 9" White Wheat Oven-Fired Flats</b></p> <p>Stir fry vegetables &amp; beef on whole grain flatbread,* rice, apple slices with low fat caramel dip, milk</p> <p>Calories: 889 Fat: 17 g Sat Fat: 5.5 g Sodium: 613 mg</p>	<p><b>Rich's® 08818 Rip Stick™ Breadstick Dough Made with Whole Grains</b></p> <p>Whole grain spaghetti with meat sauce, mixed green salad with diced tomatoes &amp; low fat dressing, whole grain Rip Stick™,* fruit cocktail with On Top®,* milk</p> <p>Calories: 781 Fat: 22.77 g Sat Fat: 9.24 g Sodium: 737 mg</p>	<p><b>Rich's® 09718 16" Whole Grain Sheeted Pizza Dough</b></p> <p>Whole grain mini calzone with spinach, ricotta &amp; mozzarella cheese &amp; diced chicken filling,* green beans, strawberry/pear mix, milk</p> <p>Calories: 764 Fat: 20.5 g Sat Fat: 9.6 g Sodium: 829 mg</p>	<p><b>Rich's® 05295 Dinner Roll Dough Made with Whole Grains</b></p> <p>Hamburger on whole grain bun,* condiments, lettuce, tomato, potato salad, apple/raisin cobbler with On Top®,* milk</p> <p>Calories: 624 Fat: 20.12 g Sat Fat: 6.97 g Sodium: 797 mg</p>
<p><b>Rich's® 09718 16" Whole Grain Sheeted Pizza Dough</b> <b>Rich's® 02559 On Top® Non-Dairy Dessert Topping</b></p> <p>Mexican beef &amp; bean pizza on whole grain crust,* whole grain Spanish rice, orange wedges, vanilla pudding with On Top®,* milk</p> <p>Calories: 675 Fat: 12.94 g Sat Fat: 7.99 g Sodium: 905 mg</p>	<p><b>Rich's® 08763 Sub Roll Dough Made with Whole Grains</b></p> <p>Lasagna, mixed green salad with low fat dressing, garlic whole grain bread,* sliced peaches, milk</p> <p>Calories: 822 Fat: 25.1 g Sat Fat: 12.44 g Sodium: 1156 mg</p>	<p><b>Rich's® 04649 9" x 9" White Wheat Oven-Fired Flats</b></p> <p>Tuna salad on whole grain flatbread,* pasta salad, strawberries &amp; applesauce with On Top®,* milk</p> <p>Calories: 723 Fat: 22.08 g Sat Fat: 5.33 g Sodium: 1141 mg</p>	<p><b>Rich's® 65303 Meatball Marinara Sandwich Melt</b> <b>Rich's® 08175 Silver: Oatmeal Raisin Cookie Dough</b></p> <p>2 meatball sandwich melts,* baked sweet potato wedges, melon &amp; blueberry mix, oatmeal cookie,* milk</p> <p>Calories: 724 Fat: 19 g Sat Fat: 8.0 g Sodium: 892 mg</p>	<p><b>Rich's® 09718 16" Whole Grain Sheeted Pizza Dough</b></p> <p>Pepperoni pizza on whole grain crust,* fresh grapes, melon balls, celery &amp; carrot sticks, iced cupcake, milk</p> <p>Calories: 666 Fat: 18 g Sat Fat: 5.4 g Sodium: 959 mg</p>
<p><b>Rich's® 65302 Bar-B-Q Chicken Sandwich Melt</b> <b>Rich's® 08818 Rip Stick™ Breadstick Dough Made with Whole Grains</b></p> <p>2 Bar-B-Q Chicken Sandwich Melts,* whole grain Rip Stick™,* cherries, creamy coleslaw, brownie, milk</p> <p>Calories: 725 Fat: 21.51 g Sat Fat: 7.81 g Sodium: 1170 mg</p>	<p><b>Rich's® 00825 Whole Grain Bar Extra Thin Oven-Fired Flats</b></p> <p>Beef fajita whole grain flatbread wrap,* salsa cup, MexiCali corn mixture, frozen fruit bar, milk</p> <p>Calories: 684 Fat: 15.2 g Sat Fat: 5.38 g Sodium: 691 mg</p>	<p><b>Rich's® 05295 Dinner Roll Dough Made with Whole Grains</b></p> <p>Roast turkey breast, mashed potatoes with gravy, cranberry &amp; pear salad, green beans, whole grain roll,* milk</p> <p>Calories: 750 Fat: 14.75 g Sat Fat: 3.88 g Sodium: 1296 mg</p>	<p><b>Rich's® 65225 Pizza Cheese Crunchers®</b> <b>Rich's® 04810 Whole Grain Chocolate Chip Cookie Dough</b></p> <p>4 Pizza Cheese Crunchers,* pineapple carrot salad, broccoli florets with low fat ranch dip, chocolate chip cookie,* milk</p> <p>Calories: 781 Fat: 41.2 g Sat Fat: 9.97 g Sodium: 990 mg</p>	<p><b>Rich's® 05295 Dinner Roll Dough Made with Whole Grains</b></p> <p>Grilled chicken breast, whole grain bun,* Provolone cheese slice, lettuce, tomato, low fat sandwich spread, cherry crisp with On Top®,* milk</p> <p>Calories: 750 Fat: 33.0 g Sat Fat: 11.3 g Sodium: 863 mg</p>
<p><b>Rich's® 08763 Sub Roll Dough Made with Whole Grains</b> <b>Rich's® 02559 On Top® Non-Dairy Dessert Topping</b></p> <p>6" whole wheat sub* with turkey, cheese, lettuce &amp; tomato, orange &amp; apple wedges, chocolate pudding with On Top®,* milk</p> <p>Calories: 762 Fat: 19.67 g Sat Fat: 9.08 g Sodium: 1449 mg</p>	<p><b>Rich's® 65233 Farm Rich® Pizza Dipper</b> <b>Rich's® 08818 Rip Stick™ Breadstick Dough Made with Whole Grains</b></p> <p>Basket of two 2 oz. cheese dippers,* and marinara dipping sauces, carrot &amp; celery sticks, fresh grapes, whole grain Rip Stick™,* frozen ice cream bar, milk</p> <p>Calories: 685 Fat: 16.15 g Sat Fat: 7.18 g Sodium: 1175 mg</p>	<p><b>Rich's® 05295 Dinner Roll Dough Made with Whole Grains</b> <b>Rich's® 02559 On Top® Non-Dairy Dessert Topping</b></p> <p>Hamburgers on whole grain bun,* low fat sandwich spread, lettuce, tomato &amp; pickles, chili con carne with beans, peach cobbler with On Top®,* milk</p> <p>Calories: 766 Fat: 28.7 g Sat Fat: 9.84 g Sodium: 705 mg</p>	<p><b>Rich's® 08818 Rip Stick™ Breadstick Dough Made with Whole Grains</b></p> <p>Chicken enchilada casserole, Spanish whole grain rice, green beans, chilled fruit cup, whole grain Rip Stick™,* banana pudding, milk</p> <p>Calories: 783 Fat: 19.8 g Sat Fat: 6.8 g Sodium: 898 mg</p>	<p><b>Rich's® 05295 Dinner Roll Dough Made with Whole Grains</b> <b>Rich's® 08195 Oatmeal Cookie Dough</b></p> <p>Pulled pork Bar-B-Q sandwich on whole grain slider buns,* baked potato wedges, low fat ranch dipping sauce, creamy coleslaw with pineapple tidbits, oatmeal cookie,* milk</p> <p>Calories: 829 Fat: 15.7 g Sat Fat: 4.4 g Sodium: 1169 mg</p>

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