Riverhead Breakfast Menu

September 2019

DID YOU KNOW….

- All grain products are whole grain rich
- There are no pork products on this menu
- Meats are lean and cheeses are low fat
- All products contain Zero Trans Fats, No Artificial Colors and Sweeteners, and No High Fructose Corn Syrup

Breakfast Milk Choices

1% Milk
Fat Free Milk

PLEASE NOTE

- If you have a food allergy please speak to your school nurse
- Menu is subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School **Labor Day**	**3** No School	**4** Apple Cinnamon Muffin Fruit Variety	**5** All-Natural Yogurt All-Natural Graham Crackers Fruit Variety	**6** Multi-Grain Cheerios Cereal All-Natural Graham Crackers Fruit Variety
9 Frosted Corn Flakes Cereal All-Natural Graham Crackers Fruit Variety	**10** All-Natural Yogurt All-Natural Graham Crackers Fruit Variety	**11** Rice Chex Cereal All-Natural Graham Crackers Fruit Variety	**12** Cinnamon Raisin Bagel w/ Butter Fruit Variety	**13** Banana Muffin Fruit Variety
16 Reduced Sugar Cinnamon Toast Crunch Cereal All-Natural Graham Crackers Fruit Variety	**17** High Fiber Breakfast Round Fruit Variety	**18** All-Natural Yogurt All-Natural Graham Crackers Fruit Variety	**19** Corn Muffin Fruit Variety	**20** Apple Cinnamon Cheerios Cereal All-Natural Graham Crackers Fruit Variety
23 Cinnamon Raisin Bagel w/ Butter Fruit Variety	**24** Frosted Mini Wheats Cereal All-Natural Graham Crackers Fruit Variety	**25** High Fiber Breakfast Round Fruit Variety	**26** All-Natural Yogurt All-Natural Graham Crackers Fruit Variety	**27** Fruity Cheerios Cereal All-Natural Graham Crackers Fruit Variety
30 No School **Rosh Hashanah**				

USDA is an equal opportunity provider and employer.