

Riverhead Charter School April 2024 Middle School Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 SCHOOL CLOSED	2 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	3 Whole Grain Banana Muffin Loaf Mandarin Orange Cup 100% Apple Juice	4 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	5 Whole Grain Blueberry Muffin Loaf Fresh Orange 100% Apple Juice
8 Whole Grain Honey Nut Cheerios Graham Cracker Bears Fresh Orange 100% Apple Juice	9 Whole Wheat Blueberry Bagel Grape Jelly Fresh Apple 100% Grape Juice	10 Whole Grain Banana Muffin Loaf Mandarin Orange Cup 100% Apple Juice	11 Whole Grain Cinnamon Chex Graham Cracker Bears Fresh Apple 100% Grape Juice	12 Whole Grain Corn Muffin Loaf Fresh Orange 100% Apple Juice
15 Multigrain Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	16 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	17 Whole Grain Banana Muffin Loaf Mandarin Orange Cup 100% Apple Juice	18 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	19 Whole Grain Blueberry Muffin Loaf Fresh Orange 100% Apple Juice
22 SCHOOL CLOSED	23 SCHOOL CLOSED	24 SCHOOL CLOSED	25 SCHOOL CLOSED	26 SCHOOL CLOSED
29 Multigrain Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	30 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	<p>All Grain Products are Whole Grain</p> <p>No Pork Products on the Menu</p> <p>Menu selections may vary from those on the menu due to the continued related impact on production, distribution, and delivery.</p> <p>Please report any food allergy to the school nurse.</p>		

All Meals Include Choice of Milk (1/2 pint 1% White or 1/2 pint Non-fat Chocolate)