

Riverhead Charter School June 2024 Middle School Breakfast Menu

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

All Grain Products are Whole Grain. No Pork Products on the Menu. Menu selections may vary from those on the menu due to the continued related impact on production, distribution, and delivery. Please report any food allergy to the school nurse.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole Grain Honey Nut Cheerios Graham Cracker Bears Fresh Orange 100% Apple Juice	4 Whole Wheat Blueberry Bagel Grape Jelly Fresh Apple 100% Grape Juice	5 Whole Grain Banana Muffin Loaf Mandarin Orange Cup 100% Apple Juice	6 Whole Grain Cinnamon Chex Graham Cracker Bears Fresh Apple 100% Grape Juice	7 Whole Grain Corn Muffin Loaf Fresh Orange 100% Apple Juice
10 Multigrain Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	11 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	12 Whole Grain Banana Muffin Loaf Mandarin Orange Cup 100% Apple Juice	13 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	14 Whole Grain Blueberry Muffin Loaf Fresh Orange 100% Apple Juice
17 Whole Grain Honey Nut Cheerios Graham Cracker Bears Fresh Orange 100% Apple Juice	18 Whole Wheat Blueberry Bagel Grape Jelly Fresh Apple 100% Grape Juice	19 NO SCHOOL	20 Whole Grain Cinnamon Chex Graham Cracker Bears Fresh Apple 100% Grape Juice	21 Whole Grain Corn Muffin Loaf Fresh Orange 100% Apple Juice
24 Multigrain Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	25 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	26 Whole Grain Banana Muffin Loaf Mandarin Orange Cup 100% Apple Juice	27	28