

November 2024

Riverhead Charter High 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-rich. No pork products on the menu.

Please report any food allergy to the school nurse.

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Whole Grain Corn Muffin Loaf String Cheese Fresh Orange 100% Apple Juice
4 Multigrain Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	5 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	6 Whole Grain Banana Muffin Loaf Yogurt Cup Mandarin Orange Cup 100% Apple Juice	7 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	8 Whole Grain Blueberry Muffin Loaf String Cheese Fresh Orange 100% Apple Juice
11 No School	12 Whole Wheat Blueberry Bagel Grape Jelly Fresh Apple 100% Grape Juice	13 Whole Grain Banana Muffin Loaf Yogurt Cup Mandarin Orange Cup 100% Apple Juice	14 Whole Grain Cinnamon Chex Graham Cracker Bears Fresh Apple 100% Grape Juice	15 Whole Grain Corn Muffin Loaf String Cheese Fresh Orange 100% Apple Juice
18 Multigrain Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	19 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	20 Whole Grain Banana Muffin Loaf Yogurt Cup Mandarin Orange Cup 100% Apple Juice	21 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	22 Whole Grain Blueberry Muffin Loaf String Cheese Fresh Orange 100% Apple Juice
25 Whole Grain Honey Nut Cheerios Graham Cracker Bears Fresh Orange 100% Apple Juice	26 Whole Wheat Blueberry Bagel Grape Jelly Fresh Apple 100% Grape Juice	27 Whole Grain Banana Muffin Loaf Yogurt Cup Mandarin Orange Cup 100% Apple Juice	28 School Closed	29 School Closed