

December 2024

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

Please report any food allergy to the school nurse.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Multigrain Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	3 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	4 Whole Grain Banana Muffin Loaf Mandarin Orange Cup 100% Apple Juice	5 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	6 Whole Grain Blueberry Muffin Loaf Fresh Orange 100% Apple Juice
9 Whole Grain Honey Nut Cheerios Graham Cracker Bears Fresh Orange 100% Apple Juice	10 Whole Wheat Blueberry Bagel Grape Jelly Fresh Apple 100% Grape Juice	11 Whole Grain Banana Muffin Loaf Mandarin Orange Cup 100% Apple Juice	12 Whole Grain Cinnamon Chex Graham Cracker Bears Fresh Apple 100% Grape Juice	13 Whole Grain Corn Muffin Loaf Fresh Orange 100% Apple Juice
16 Multigrain Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	17 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	18 Whole Grain Banana Muffin Loaf Mandarin Orange Cup 100% Apple Juice	19 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	20 Whole Grain Blueberry Muffin Loaf Fresh Orange 100% Apple Juice
23 School Closed	24 School Closed	25 School Closed	26 School Closed	27 School Closed
30 School Closed	31 School Closed			