

January 2025

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 SCHOOL CLOSED	2 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	3 Whole Grain Blueberry Muffin Loaf String Cheese Fresh Orange 100% Apple Juice
6 Whole Grain Honey Nut Cheerios Graham Cracker Bears Fresh Orange 100% Apple Juice	7 Whole Wheat Blueberry Bagel Grape Jelly Fresh Apple 100% Grape Juice	8 Whole Grain Banana Muffin Loaf Yogurt Cup Mandarin Orange Cup 100% Apple Juice	9 Whole Grain Cinnamon Chex Graham Cracker Bears Fresh Apple 100% Grape Juice	10 Whole Grain Corn Muffin Loaf String Cheese Fresh Orange 100% Apple Juice
13 Multigrain Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	14 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	15 Whole Grain Banana Muffin Loaf Yogurt Cup Mandarin Orange Cup 100% Apple Juice	16 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	17 Whole Grain Blueberry Muffin Loaf String Cheese Fresh Orange 100% Apple Juice
20 School Closed	21 Whole Wheat Blueberry Bagel Grape Jelly Fresh Apple 100% Grape Juice	22 Whole Grain Banana Muffin Loaf Yogurt Cup Mandarin Orange Cup 100% Apple Juice	23 Whole Grain Cinnamon Chex Graham Cracker Bears Fresh Apple 100% Grape Juice	24 Whole Grain Corn Muffin Loaf String Cheese Fresh Orange 100% Apple Juice
27 Multigrain Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	28 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	29 School Closed	30 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	31 Whole Grain Blueberry Muffin Loaf String Cheese Fresh Orange 100% Apple Juice