

February 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
3 Multigrain Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	4 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	5 Whole Grain Banana Muffin Loaf Yogurt Cup Mandarin Orange Cup 100% Apple Juice	6 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	7 Whole Grain Bluberry Muffin Loaf String Cheese Fresh Orange 100% Apple Juice
10 Whole Grain Honey Nut Cheerios Graham Cracker Bears Fresh Orange 100% Apple Juice	11 Whole Wheat Blueberry Bagel Grape Jelly Fresh Apple 100% Grape Juice	12 Whole Grain Banana Muffin Loaf Yogurt Cup Mandarin Orange Cup 100% Apple Juice	13 Whole Grain Cinnamon Chex Graham Cracker Bears Fresh Apple 100% Grape Juice	14 Whole Grain Corn Muffin Loaf String Cheese Fresh Orange 100% Apple Juice
17	18	19	20	21
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
24 Whole Grain Honey Nut Cheerios Graham Cracker Bears Fresh Orange 100% Apple Juice	25 Whole Wheat Blueberry Bagel Grape Jelly Fresh Apple 100% Grape Juice	26 Whole Grain Banana Muffin Loaf Yogurt Cup Mandarin Orange Cup 100% Apple Juice	27 Whole Grain Cinnamon Chex Graham Cracker Bears Fresh Apple 100% Grape Juice	28 Whole Grain Corn Muffin Loaf String Cheese Fresh Orange 100% Apple Juice