

April 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 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	2 Whole Grain Banana Muffin Loaf Yogurt Cup Mandarin Orange Cup 100% Apple Juice	3 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	4 Whole Grain Blueberry Muffin Loaf String Cheese Fresh Orange 100% Apple Juice
7 Whole Grain Honey Nut Cheerios Graham Cracker Bears Fresh Orange 100% Apple Juice	8 Whole Wheat Blueberry Bagel Grape Jelly Fresh Apple 100% Grape Juice	9 Whole Grain Banana Muffin Loaf Yogurt Cup Mandarin Orange Cup 100% Apple Juice	10 Whole Grain Cinnamon Chex Graham Cracker Bears Fresh Apple 100% Grape Juice	11 Whole Grain Corn Muffin Loaf String Cheese Fresh Orange 100% Apple Juice
14 ?	15 ?	16 ?	17 ?	18 ?
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
21 ?	22 ?	23 ?	24 ?	25 ?
21 Whole Grain Honey Nut Cheerios Graham Cracker Bears Fresh Orange 100% Apple Juice	22 Whole Wheat Blueberry Bagel Grape Jelly Fresh Apple 100% Grape Juice	23 Whole Grain Banana Muffin Loaf Yogurt Cup Mandarin Orange Cup 100% Apple Juice	24 Whole Grain Cinnamon Chex Graham Cracker Bears Fresh Apple 100% Grape Juice	25 Whole Grain Corn Muffin Loaf String Cheese Fresh Orange 100% Apple Juice
28 Multigrain Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	29 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	30 Whole Grain Banana Muffin Loaf Yogurt Cup Mandarin Orange Cup 100% Apple Juice	1 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	2 Whole Grain Blueberry Muffin Loaf String Cheese Fresh Orange 100% Apple Juice