

May 2025

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
			1 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	2 Whole Grain Blueberry Muffin Loaf Fresh Orange 100% Apple Juice
5 Whole Grain Honey Nut Cheerios Graham Cracker Bears Fresh Orange 100% Apple Juice	6 Whole Wheat Blueberry Bagel Grape Jelly Fresh Apple 100% Grape Juice	7 Whole Grain Banana Muffin Loaf Mandarin Orange Cup 100% Apple Juice	8 Whole Grain Cinnamon Chex Graham Cracker Bears Fresh Apple 100% Grape Juice	9 Whole Grain Corn Muffin Loaf Fresh Orange 100% Apple Juice
12 Multigrain Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	13 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	14 Whole Grain Banana Muffin Loaf Mandarin Orange Cup 100% Apple Juice	15 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	16 Whole Grain Blueberry Muffin Loaf Fresh Orange 100% Apple Juice
18 Multigrain Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	20 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	21 Whole Grain Banana Muffin Loaf Mandarin Orange Cup 100% Apple Juice	22 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	23 School Closed
26 School Closed	27 Whole Wheat Bagel Grape Jelly Fresh Apple 100% Grape Juice	28 Whole Grain Banana Muffin Loaf Mandarin Orange Cup 100% Apple Juice	29 Cinnamon Toast Crunch Graham Cracker Bears Fresh Apple 100% Grape Juice	30 Whole Grain Blueberry Muffin Loaf Fresh Orange 100% Apple Juice