

Riverhead Charter Middle School Breakfast Menu April 2026

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	2	3
		Cinnamon Toast Crunch	School Closed	School Closed
		Graham Cracker Bears Cinnamon Applesauce		
		100% Fruit Juice Punch		
6	7	8	9	10
School Closed	School Closed	School Closed	School Closed	School Closed
13	14	15	16	17
Multigrain Reduced Sugar Frosted Flakes	Whole Grain Blueberry Muffin Loaf	Cinnamon Toast Crunch	Whole Grain Corn Muffin	Yogurt
Graham Cracker Bears Fresh Orange	Fresh Apple	Graham Cracker Bears Cinnamon Applesauce	Fresh Apple	Granola
100% Apple Juice	100% Grape Juice	100% Fruit Juice Punch	100% Grape Juice	Fresh Orange
				100% Apple Juice
20	21	22	23	24
Multigrain Reduced Sugar Frosted Flakes	Whole Grain Corn Muffin Loaf	Whole Grain Cinnamon Chex	Whole Wheat Bagel	Yogurt
Graham Cracker Bears Fresh Orange	Fresh Apple	Graham Cracker Bears Cinnamon Applesauce	Grape Jelly	Granola
100% Apple Juice	100% Grape Juice	100% Fruit Juice Punch	Fresh Apple	Fresh Orange
			100% Grape Juice	100% Apple Juice
27	28	29	30	
Multigrain Reduced Sugar Frosted Flakes	Whole Grain Blueberry Muffin Loaf	Cinnamon Toast Crunch	Whole Grain Corn Muffin	
Graham Cracker Bears Fresh Orange	Fresh Apple	Graham Cracker Bears Cinnamon Applesauce	Fresh Apple	
100% Apple Juice	100% Grape Juice	100% Fruit Juice Punch	100% Grape Juice	