Riverhead Charter Elementary School Breakfast Menu October 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.

Please report any food allergy to the school nurse.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Banana Muffin Loaf Fresh Apple 100% Grape Juice	2 Bagel with Butter or Cream Cheese Fresh Orange 100% Apple Juice
5 Reduced Sugar Cinnamon Toast Crunch Cereal Bowl Graham Cracker Bears Mandarin Orange Cup 100% Apple Juice	6 Strawberry Nutrigrain Bar Fresh Apple 100% Grape Juice	7 Bagel with Jelly or Cream Cheese Fresh Orange 100% Apple Juice	8 Straberry Non-Fat Yogurt Cup Crunchy Granola Fresh Apple 100% Grape Juice	9 Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice
12 NO SCHOOL	13 Strawberry Nutrigrain Bar Mandarin Orange Cup 100% Apple Juice	14 Banana Muffin Loaf Fresh Apple 100% Grape Juice	15 Bagel with Butter or Cream Cheese Fresh Apple 100% Grape Juice	16 Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice
19 Cinnamon Chex Cereal Bowl Graham Cracker Bears Mandarin Orange Cup 100% Apple Juice	20 Strawberry Banana Non-Fat Yogurt Cup Crunchy Granola Fresh Mandarin 100% Grape Juice	21 Corn Muffin Loaf Fresh Orange 100% Apple Juice	22 Apple Cinnamon Nutrigrain Bar Fresh Apple 100% Grape Juice	23 Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice
26 Apple Cinnamon Cheerios Cereal Bowl Graham Cracker Bears Mandarin Orange Cup 100% Apple Juice	27 Trix Cereal Bar Fresh Mandarin 100% Grape Juice	28 Strawberry NutriGrain Bar Fresh Orange 100% Apple Juice	29 Banana Muffin Loaf Fresh Apple 100% Grape Juice	30 Bagel with Butter or Cream Cheese Fresh Orange 100% Apple Juice