Riverhead Charter Middle School Breakfast Menu November 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	
2 Reduced Sugar Cinnamon Toast Crunch Cereal Bowl Graham Cracker Bears Fresh Orange 100% Apple Juice	**3** Trix Cereal Bar Fresh Apple 100% Grape Juice	**4** Banana Muffin Loaf Mandarin Orange Cup 100% Apple Juice	**5** Strawberry-Banana Non-Fat Yogurt Cup Crunchy Granola Fresh Apple 100% Grape Juice	**6** Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	2
9 Reduced Sugar Cinnamon Toast Crunch Cereal Bowl Graham Cracker Bears Fresh Orange 100% Apple Juice	**10** Corn Muffin Loaf Fresh Apple 100% Grape Juice	**11** NO SCHOOL	**12** Cinnamom Apple Muffin Fresh Apple 100% Grape Juice	**13** Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	3
16 Reduced Sugar Cinnamon Toast Crunch Cereal Bowl Graham Cracker Bears Fresh Orange 100% Apple Juice	**17** Banana Muffin Loaf Fresh Apple 100% Grape Juice	**18** Apple Cinnamon Nutrigrain Bar Mandarin Orange Cup 100% Apple Juice	**19** Corn Muffin Loaf Fresh Apple 100% Grape Juice	**20** Reduced Sugar Frosted Flakes Graham Cracker Bears Fresh Orange 100% Apple Juice	4
23 Reduced Sugar Cinnamon Toast Crunch Cereal Bowl Graham Cracker Bears Fresh Orange 100% Apple Juice	**24** Crunchy Granola Vanilla Non-Fat Yogurt Cup Fresh Apple 100% Grape Juice	**25** Corn Muffin Loaf Mandarin Orange Cup 100% Apple Juice	**26** NO SCHOOL	**27** NO SCHOOL	1
30 Reduced Sugar Cinnamon Toast Crunch Cereal Bowl Graham Cracker Bears Fresh Orange 100% Apple Juice					