






January 2012

Riverhead Charter School



Preferred Meal Systems, Inc.
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BREAKFAST

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 CORN FLAKES Cinnamon Breakfast Square Apple Juice	4 KIX CEREAL (WHOLE GRAIN) Bagel W/Jelly & Margarine Orange Juice	5 RICE KRISPIES Graham Crackers Apple-Cranberry Juice	6 MULTIGRAIN CHEERIOS (WHOLE GRAIN) Rockin' Raisin Muffin Blended Fruit Juice
9 CORN FLAKES Apple Granola Square Orange Juice	10 KIX CEREAL (WHOLE GRAIN) Graham Crackers Apple Cranberry Juice	11 CORN FLAKES Banana Muffin Orange Juice	12 RAISIN BRAN (WHOLE GRAIN) Jungle Crackers Blended Fruit Juice	13 RICE KRISPIES Bagel W/Jelly & Margarine Apple-Cranberry Juice
16 <i>I Have A Dream</i>  <i>Martin Luther King, Jr. Day</i>	17 CORN FLAKES Bagel W/Jelly & Margarine Orange Pineapple Juice	18 CRISPIX Raisin Bran Muffin Blended Fruit Juice	19 MULTIGRAIN CHEERIOS (WHOLE GRAIN) Graham Crackers Apple Juice	20 RICE KRISPIES Blueberry Muffin Orange Juice
23 CORN FLAKES Apple Granola Square Blended Fruit Juice	24 RICE KRISPIES Bagel W/Cream Cheese Apple-Cranberry Juice	25 CORN FLAKES Apple Muffin Orange Pineapple Juice	26 RAISIN BRAN (WHOLE GRAIN) Graham Crackers Orange Juice	27 MULTIGRAIN CHEERIOS (WHOLE GRAIN) Rockin' Raisin Muffin Apple Juice
30 KIX CEREAL (WHOLE GRAIN) Cinnamon Breakfast Square Apple Juice	31 CORN FLAKES Blueberry Muffin Blended Fruit Juice			

***ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF MILK.

***MENU SUBJECT TO CHANGE.



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