

Riverhead Charter School K-12 Breakfast Menu



October 2022

Grain Products are all Whole Grain	3 Multigrain Cereal Flakes Bananas	4 Blueberry Muffins Oranges	5 Yom Kippur No School	6 Multi-Grain Cheerios Fruit Cups	7 Corn Muffins Bananas
No Pork Products On Menu	10 Columbus Day No School	11 Multi- Grain Cheerios Bananas	12 Whole Grain Rich Blueberry Muffins Applesauce	13 Whole Grain Bagels w/ Grape Jelly Mixed Fruit Cup	14 Corn Muffins Oranges
All Products Contains Zero Trans Fats, No Artificial Colors, Sweeteners, No High Fructose Corn Syrup	17 Sliced Whole Grain Bread Assorted Jelly Apples	18 Whole Grain Rich Blueberry Muffins Oranges	19 All-Natural Vanilla Yogurt Whole Grain Graham Crackers Bananas	20 Whole Grain Blueberry Bagels w/ Cream Cheese Applesauce	21 Multi-Grain Cheerios Mixed Fruits
Breakfast Milk Choices Unflavored Low-Fat 1%/Flavored Fat-Free Milk Please Report Any Food Allergy to Your School Nurse	24 Corn Muffins Apples	25 All-Natural Vanilla Yogurt Whole Grain Graham Crackers Applesauce	26 Whole Grain Cinnamon Raisin Bagels w/ Butter Mixed Fruit Cup	27 Multi-Grain Cheerios Oranges	28 Whole Grain Rich Blue Berry Muffins Plain Vanilla Yogurt Bananas
Menu selections may vary from those on the menu due to the continued related impact on production, distribution, and delivery	31 Multigrain Cereal Flakes Apples				