


Riverhead Charter School May 2023 K-12 Breakfast Menu

<p>Grain Products are all Whole Grain</p>					
<p>No Pork Products On Menu</p>	<p>1 Multigrain Cereal Flakes Mandarins 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>2 All-Natural Vanilla Yogurt Whole Grain Graham Crackers Applesauce 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>3 Whole Grain Rich Blueberry Muffins Mandarins 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>4 Whole Grain Bagels w/ Grape Jelly Oranges 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>5 Corn Muffins Bananas 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>
<p>All Products Contains Zero Trans Fats, No Artificial Colors, Sweeteners, No High Fructose Corn Syrup</p>	<p>8 Multigrain Cereal Flakes Mandarins 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>9 All-Natural Vanilla Yogurt Whole Grain Graham Crackers Applesauce 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>10 Whole Grain Rich Blueberry Muffins Oranges 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>11 Whole Grain Bagels w/ Grape Jelly Apples 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>12 Corn Muffins Bananas 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>
<p>Breakfast Milk Choices Unflavored Low-Fat 1%/Flavored Fat-Free Milk Please Report Any Food Allergy to Your School Nurse</p>	<p>15 Multigrain Cereal Flakes Mandarins 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>16 All-Natural Vanilla Yogurt Whole Grain Graham Crackers Bananas 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>17 Whole Grain Rich Blueberry Muffins Apples 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>18 Whole Grain Bagels w/ Grape Jelly Applesauce 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>19 Corn Muffins Bananas 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>
<p>Menu selections may vary from those on the menu due to the continued related impact on production, distribution, and delivery</p>	<p>22 Multigrain Cereal Flakes Mandarins 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>23 All-Natural Vanilla Yogurt Whole Grain Graham Crackers Bananas 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>24 Whole Grain Rich Blueberry Muffins Oranges 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>25 Whole Grain Bagels w/ Grape Jelly Apples 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>26 Corn Muffins Bananas 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>
	<p>29 Memorial Day</p>	<p>30 All-Natural Vanilla Yogurt Whole Grain Graham Crackers Bananas 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>	<p>31 Whole Grain Rich Blueberry Muffins Oranges 1% Low-Fat Unflavored Milk Flavored Fat-Free Milk</p>		