

preferredmeals
an elior company
Breakfast

RIVER SPRINGS CHARTER SCHOOL

Breakfast K-12

Monday	Tuesday	Wednesday	Thursday	Friday
October 1, 2018	**October 2, 2018**	**October 3, 2018**	**October 4, 2018**	**October 5, 2018**
RASPBERRY YOGURT & GRANOLA^ Craisins Orange-Tangerine Juice Choice of Milk	STRING CHEESE & LEMON MINI LOAF ^ Mixed Fruit Cup Strawberry-Kiwi Juice Choice of Milk	BLUEBERRY COFFEE CAKE & GAHAM CRACKERS ^ Fresh Fruit Choice of Milk	FRUITY CHEERIOS ^ & ANIMAL CRACKERS^ Fresh Fruit Fruit Punch Juice Choice of Milk	CINNAMON TOAST CRUNCH ^& BLUEBERRY MUFFIN ^ Fresh Fruit Choice of Milk
October 8, 2018	**October 9, 2018**	**October 10, 2018**	**October 11, 2018**	**October 12, 2018**
CINNAMON COFFEE CAKE & ANIMAL GRAHAMS ^ Cherry Craisins Fruit Punch Juice Choice of Milk	GOLDEN GRAHAM CEREAL ^& FRENCH TOAST BREAKFAST SQUARE ^ Pineapple Tidbits Orange Juice Choice of Milk	WHOLE PLAIN BAGEL ^ & CREAM CHEESE Fresh Fruit Choice of Milk	VANILLA YOGURT & GRANOLA^ Fresh Fruit Applesauce Cup Choice of Milk	APPLE CINNAMON CHEERIOS ^ & GRAHAM CRACKERS ^ Fresh Fruit Choice of Milk
October 15, 2018	**October 16, 2018**	**October 17, 2018**	**October 18, 2018**	**October 19, 2018**
APPLE CINNAMON COFFEE CAKE & FRENCH TOAST BREAKFAST SQUARE ^ Applesauce Cup Orange-Tangerine Juice Choice of Milk	BLUEBERRY MUFFIN ^& STRING CHEESE Grape Juice Diced Pears Choice of Milk	RASPBERRY YOGURT & GRANOLA^ Fresh Fruit Choice of Milk	CHERRY LOAF ^ Fresh Fruit Pineapple Tidbits Choice of Milk	TRIX CEREAL ^& MAPLE BREAKFAST SQUARE ^ Fresh Fruit Choice of Milk
October 22, 2018	**October 23, 2018**	**October 24, 2018**	**October 25, 2018**	**October 26, 2018**
CHOCOLATE CHIP COFFEE CAKE & STRAWBERRY PANCAKE SQUARE^ Applesauce Cup Fruit Punch Juice Choice of Milk	STRAWBERRY YOGURT & GRANOLA^ Diced Peaches Orange-Tangerine Juice Choice of Milk	MOZZARELLA STRING CHEESE & LEMON MINI LOAF ^ Fresh Fruit Choice of Milk	WHOLE PLAIN BAGEL ^ & CREAM CHEESE Fresh Fruit Mixed Fruit Cup Choice of Milk	FROSTED CORN FLAKES ^& VANILLA WAFFLE SQUARE ^ Fresh Fruit Choice of Milk
October 29, 2018	**October 30, 2018**	**October 31, 2018**	**November 1, 2018**	**November 2, 2018**
COCOA PUFFS ^ & GRAHAM CRACKERS ^ Cherry Craisins Apple Juice Choice of Milk	BANANA MUFFIN ^ & STRING CHEESE Diced Pears Fruit Punch Juice Choice of Milk	CINNAMON CHEX ^ & MAPLE BREAKFAST SQUARE ^ Fresh Fruit Choice of Milk		

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. ** MENU SUBJECT TO CHANGE **

^ Denotes item is whole-grain/whole wheat

***** This institution is an equal opportunity provider.**

