



# OCTOBER 2023

## RIVERSIDE ELEMENTARY WEST BREAKFAST MENU

### Alternative Options for Breakfast Items

**Week of 10/2-10/5**  
Strawberry Yogurt Chex  
Mix w/ Cheese Stick

**Week of 10/10-10/13**  
Cocoa Puff Cereal Bar  
w/ Cheese Stick

**Week of 10/16-10/20**  
Trix Cereal Bar  
w/ Cheese Stick

**Week of 10/23-10/27**  
Cinnamon Toast Crunch  
Bar w/ Cheese Stick

**Week of 10/30-10/31**  
Cocoa Puff Cereal Bar  
w/ Cheese Stick



### EVERYDAY OPTIONS

#### FRUIT and JUICE


Apples  
Bananas  
Oranges  
Seasonal Fruit  
100% Fruit Juice

#### MILK CHOICES

1% Plain, Fat Free  
Chocolate  
Fat Free Plain

\*WG = Whole Grain

**Menus are subject to  
change.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Mini Cinnamon French Toast	3 Otis Spunkmeyer Muffin	4 Mini Confetti Pancakes	5 Yogurt w/ Animal Crackers	6 <b>NO SCHOOL Act 80 Day</b>
9 	10 WG Kellogg Pop Tart	11 Mini Maple Waffles	12 Otis Spunkmeyer Muffin	13 WG Rice Krispy Treat w/ Cheese Stick
16 Mini Berry French Toast	17 Otis Spunkmeyer Muffin	18 Cinni Mini Rolls	19 Yogurt w/ Scooby Sticks	20 Nutrigrain Bar w/ Cheese Stick
23 WG Kellogg Pop Tart	24 Cinni Mini Rolls	25 Otis Spunkmeyer Muffin	26 WG Rice Krispy Treat w/ Cheese Stick	27 Mini Confetti Pancakes
30 Nutrigrain Bar w/ Cheese Stick	31 <b>HALF DAY</b> Yogurt w/ Animal Crackers	<i>All complete Breakfast Meals are FREE for Riverside students!</i>		

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