



October 2019



Riverside High School Breakfast Menu

Monday

Tuesday

Wednesday

Thursday

Friday

30 French Toast Sticks w/Sausage

7 French Toast Sticks w/Sausage

14 COLUMBUS DAY

21 French Toast Sticks w/Sausage

28 French Toast Sticks w/Sausage

1 Sausage, Egg & Cheese on Whole Grain Bun

9 Sausage, Egg & Cheese on Whole Grain Bun

15 Sausage, Egg & Cheese on Whole Grain Bun

22 Sausage, Egg & Cheese on Whole Grain Bun

29 Sausage, Egg & Cheese on Whole Grain Bun

2 Ham, Egg & Cheese on Whole Grain Bun

10 Ham, Egg & Cheese on Whole Grain Bun

16 Ham, Egg & Cheese on Whole Grain Bun

23 Ham, Egg & Cheese on Whole Grain Bun

30 Ham, Egg & Cheese on Whole Grain Bun

3 Sausage, Egg & Cheese on Whole Grain Bun

11 Sausage, Egg & Cheese on Whole Grain Bun

17 Sausage, Egg & Cheese on Whole Grain Bun

24 Sausage, Egg & Cheese on Whole Grain Bun

31

4 Bacon, Egg & Cheese on Whole Grain Bun

12 Bacon, Egg & Cheese on Whole Grain Bun

18 Bacon, Egg & Cheese on Whole Grain Bun

25 Bacon, Egg & Cheese on Whole Grain Bun

1

Bakery

Sandwiches

Start here! Choose Entrée

Fruits

Cereal

Served Daily!

Otis Spunkmeyer Muffins
Apple Cinnamon
Blueberry

Asst. Breakfast Bars

Maple Mini Pancakes

Served Daily!

Sausage, Egg and Cheese Sandwiches

Grab one and get to class!

Prices:
Paid: \$1.30
Reduced: \$.30
Free: \$0

+ Take 2Any 2

Basically if it grows on a tree or vine, you'll see it at some point. Fresh fruits, and juice available daily.

+ Grab a Milk

Low fat, Low Fat Flavored and Skim available daily

GOOD FOR YOU

Assorted Fresh Fruit
Apples, Oranges, Bananas

Assorted Juice
Apple, Orange, & Grape

Assorted Cereal available daily!

Bagels & Yogurt

Bagels w/Cream Cheese (plain or Strawberry)
Assorted Yogurts

