

November 2018

Riverside High School Breakfast Menu



Me	on	da	y

Tuesday

Wednesday

Thursday



	French Toast w/
9	Sausage & Syrup

Sausage, Egg & Cheese w/ on Whole Grain Bun

Ham, Egg & Cheese 31 On a Whole Grain Bun Sausage, Egg & Cheese Bacon, Egg & Cheese on Whole Grain Bun



French Toast w/

Sausage, Egg & Cheese on Whole Grain Bun

Sausage, Egg & Cheese

on a Whole Grain Bun

Ham, Egg & Cheese

7 On a Whole Grain Bun

On Whole Grain Bun Sausage, Egg & Cheese Bacon, Egg & Cheese on Whole Grain Bun On Whole Grain Bun

VETERAN'S DAY Sausage, Egg & Cheese on a Whole Grain Bun

Ham, Egg & Cheese 14 On a Whole Grain Bun

Sausage, Egg & Cheese Bacon, Egg & Cheese on Whole Grain On Whole Grain Bun 15 Happy Thanksgiving No School

Sausage & Syrup No School

21 On a Whole Grain Bun Ham, Egg & Cheese

Start here! Choose Entrée

Ham, Egg & Cheese

23 Sausage, Egg & Cheese Bacon, Egg & Cheese on Whole Grain Bun 30 On Whole Grain Bun

26

Sausage, Egg & Cheese on a whole Grain Bun

28 On a Whole Grain Bun

Fruits Cereal

5

12

19

Served Daily!

Bakery

Otis Spunkmeyer Muffins **Apple Cinnamon** Blueberry

Asst.Breakfast Bars

Maple Mini **Pancakes**

Sandwiches Served Daily!

Sausage, Egg and

Cheese Sandwiches

Tornados

Grab one and get to

class!

Prices:

Paid \$1.30

Reduced \$.30

Free \$.0

+ Take 2 Any 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

22

29

Assorted Fresh Fruit Apples, Oranges, Bananas

Assorted Juice Apple, Orange, & Grape

Bagels & Yogurt

Assorted Cereal

available daily!

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

