



# BREAKFAST @SCHOOL

**For first-class learning!**

**RIVER VALLEY SECONDARY BREAKFAST**



## BREAKFAST MENU FOR NOVEMBER 2023

This institution is an equal opportunity provider.



**BREAKFAST AROUND THE GLOBE**

"Tapsilog" is a common breakfast for Filipinos. The meal – and the word – are a combination of "tapa" (dried and cured meat), "sinangag" (garlic-fried rice), and "itlog" (egg). Sides can include tropical fruit like papaya and sliced tomatoes.

## PHILIPPINES



Halil marx07 at English Wikipedia/CC BY 3.0

## Featuring Healthy Fruits & Grains!

**Mon:** Early Risers Potato, Egg & Cheese Patty, Banana Bread Slice, Blueberry Munchkins, Cookies & Cream Benefit Bar, Cinnamon, Pull Apart Daisey, Asst. Cereal, Elf Grahams, Fruit & or Fruit Juice, Milk Choice.

**Tue:** Breakfast Sandwich, Pumpkin Bread Slice, Banana Choc Chip Benefit Bar, Toaster Pastry, Asst. Cereal Elf Grahams, Fruit & or Fruit Juice, Milk Choice.

**Wed:** Breakfast Pizza, Chocolate Mini's, French Toast Benefit Bar, Dunkin Sticks, Asst. Cereal, Elf Grahams, Fruit & or Fruit Juice, Milk Choice.

**Thursday:** Breakfast Sandwich, Blueberry Bread Slice, Cinnamon Bagel Stick, Asst. Cereal, Elf Grahams, Fruit & or Fruit Juice, Milk Choice.

**Fri:** Dutch Waffle or French Toast Sticks, Apple or Raspberry Turnover, Celebration Benefit Bar, Powdered Munchkins, Asst. Cereal, Elf Grahams, Cinnamon Roll, Fruit & or Fruit Juice, Milk Choice

# Thanks giving

**ENJOY YOUR HOLIDAY & TIME WITH YOUR FAMILY!**

# YOU'RE GOOD



**ALL STUDENTS EAT BREAKFAST @ NO COST ALL YEAR LONG**

RIVER VALLEY SCHOOL DISTRICT NUTRITION