



BREAKFAST @SCHOOL

For first-class learning!

RIVER VALLEY SECONDARY BREAKFAST



BREAKFAST MENU FOR OCTOBER 2024

This institution is an equal opportunity provider.



A traditional Polish breakfast might include scrambled eggs topped with sliced kielbasa sausage, served with brown bread or potato pancakes.



Featuring Healthy Fruits & Grains!

Mon: Early Risers Potato, Egg & Cheese Patty, Banana Bread Slice, Blueberry Munchkins, Crumbles & Cream Benefit Bar, Bagels & Cream Cheese, Asst. Cereal, Cheese Stick & Crackers, Wow Butter Jammers, Mexican Breakfast Burrito Fruit & or Fruit Juice, Milk Choice.

Tue: Breakfast Sandwich, Pumpkin Bread Slice, Banana Choc Chip Benefit Bar, Dunkin Sticks, Asst. Cereal, Guacamole & Tortilla Chips, Nutrigrain Bar, Wow Butter Jammers, Fruit & or Fruit Juice, Milk Choice.

Wed: Breakfast Pizza, Chocolate Mini's, French Toast Benefit Bar, Pancake & Sausage on a Stick, Wow Butter Jammers, Cheese Stick & Crackers, Asst. Cereal, Cinnamon Bread, Fruit & or Fruit Juice, Milk Choice.

Thursday: Breakfast Sandwich, Cocoa Bread Slice, Fruity Pancakes, Oatmeal Choc. Chip benefit Bar, Asst. Cereal, Guacamole & Tortilla Chips, Wow Butter Jammers Fruit & or Fruit Juice, Milk Choice.

Fri: French Toast Slices or Dutch Waffle, Celebration Benefit Bar, Powdered Munchkins, Cherry Muffin Asst. Cereal, Lemon Bread, Cheese Stick & Crackers or Fruit & or Fruit Juice, Milk Choice.

Menu is subject to change.

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helps keep kids healthy and gives them the energy they need to learn.



No matter the time of year, a big old bucket, bag, or pillow case full of all-you-can-eat sugar is never a treat -- for kids or adults.

For those who feel they MUST collect candy, pick out a couple of favorite pieces and then toss the rest.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!