



# BREAKFAST @SCHOOL

For first-class learning!

RIVER VALLEY SECONDARY BREAKFAST



## BREAKFAST MENU FOR NOVEMBER 2024

USDA is an equal opportunity provider and employer.



## Penguin

"Penguin" comes from the words meaning "white head" in Welsh. Anyone notice a problem here?

Word play



First things First -- New This Year!

Choose at least **ONE** serving of **FRUIT** and at least **THREE** items **TOTAL** so your meal counts as a **Complete Breakfast!**

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## Featuring Healthy Fruits & Grains!

**Monday:** Early Risers Potato, Egg & Cheese Patty, Banana Bread Slice, Blueberry Munchkins, Crumbles & Cream Benefit Bar, Bagels & Cream Cheese, Asst. Cereal, Cheese Stick & Crackers, Brk Burrito Stick, Fruit & or Fruit Juice, Milk Choice.

**Tuesday:** Breakfast Sandwich, Pumpkin Bread Slice, Banana Choc Chip Benefit Bar, Dunkin Sticks, Asst. Cereal, Cheese stick & Crackers, 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, Cheese Stick & Crackers, Asst. Cereal, Cinnamon Bread, Fruit & or Fruit Juice, Milk Choice.

**Thursday:** Breakfast Sandwich, Cocoa Bread Slice, Pull Apart Daisey, Oatmeal Choc. Chip benefit Bar, Asst. Cereal, Cheese Stick & Crackers, Wow Butter Jammers Fruit & or Fruit Juice, Milk Choice.

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

Menu is subject to change.

## FIND THE FIBER.

It's not hard. Everything in these two pictures is loaded with fiber! Your go-to sources for this all-



important nutrient should look like this stuff: fresh whole fruits and veggies,

beans, nuts, and grain products that are whole (like brown rice, corn, and quinoa) or processed grain foods (like bread, cereal, and pasta) that are made with at least 50% whole grains. Try to get

most of your fiber where it occurs naturally, rather than from highly



processed foods that include fiber as an added ingredient so they can be sold as "high fiber."

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