



BREAKFAST @SCHOOL

For first-class learning!

RIVER VALLEY SECONDARY BREAKFAST

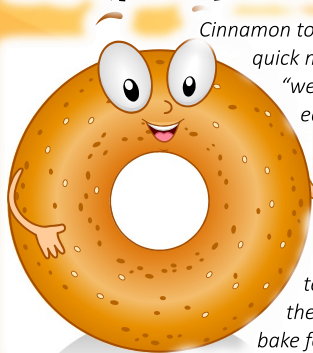


BREAKFAST MENU FOR DECEMBER 2024

This institution is an equal opportunity provider.



Breakfast Bites!



Cinnamon toast is a healthful, tasty, and quick morning treat! Here's a fancy "weekend" way to make it: for each slice of 100% whole wheat bread, combine 1 tablespoon softened butter, ½ tablespoon sugar, 4 or 5 drops of vanilla, and ½ teaspoon cinnamon. Spread the mixture on the bread & bake for 10 minutes on a cookie sheet at 350°, then broil until golden brown and bubbling (but don't let it burn). Yummy!

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 sSick & 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, Lemon Bread Asst. Cereal, Brk Burrito Stick, Cheese Stick & Crackers or Fruit & or Fruit Juice, Milk Choice

Menu is subject to change.

D.I.Y. VACCINATION.



It's the do-it-yourself vaccine that can help keep you healthy! Regular handwashing is a simple, effective way to keep the germs away and keep you on your feet. Plain soap and warm water work just fine!

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

SEE YOU IN
2025
HAPPY NEW YEAR!

Last day of school:
Friday, December 20

Classes resume:
Monday, January 6