



# BREAKFAST @SCHOOL

For first-class learning!

RIVER VALLEY SECONDARY BREAKFAST



## BREAKFAST MENU MARCH 2025

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.

## START FRESH WITH FRUIT!

Every complete Breakfast@School must include a serving of fruit. That's putting **FIRST THINGS FIRST!**



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

## MAKE TIME.



Adults should get at least 2.5 hours of moderate aerobic exercise a week. Kids and teens should get 60 total minutes of moderate to vigorous physical activity each day.

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