



BREAKFAST @SCHOOL

For first-class learning!

RIVER VALLEY SECONDARY BREAKFAST

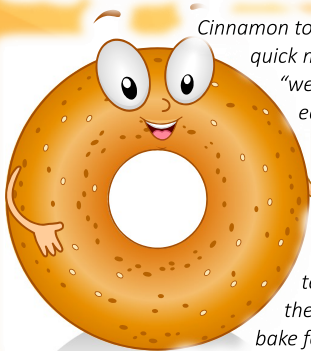


BREAKFAST MENU APRIL 2025

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, Warm Cinnamon Roll,, 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.

GRAIN Barley



Eating whole grains like barley provides the kind of fiber that helps prevent heart disease. Barley's robust, nutty flavor, along with that crucial dose of fiber, helps make any soup or stew even more heartwarming!

OF THE MONTH

HERB/SPICE Cinnamon



Herbs and spices are plants that are used to flavor food. The bark of the cinnamon tree, in powder or stick form, has been valued for both its seasoning and medicinal properties for thousands of years. Makes a great winter warmer drink with a little milk and honey, too!

OF THE MONTH