

# October 2016

## RIVERSIDE HIGH SCHOOL

### BREAKFAST



OTHER DAILY OFFERINGS MAY INCLUDE:  
Cereal Bars, Pop-Tarts, Muffins, Mini Loaves,  
Honey Buns, Cereal Pouches.



**DAILY SERVINGS:** 1 oz. eq. grains/breads daily (Minimum 9 ozs. Per wk.)

1 oz. meat/meat alternate may be substituted for 1 oz grain after daily minimum is met.  
1 cup fruit daily (5 cups per week)  
1 cup milk daily (5 cups per week)



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



3



4



5



6



7

Waffle Funnel Cake  
Grapes  
100% Juice  
Milk

10

Breakfast Pizza  
Banana  
100% Juice  
Milk

11

Cinni Minnis  
Applesauce  
100% Juice  
Milk

12

Chicken and Biscuit  
Apple Slices  
100% Juice  
Milk

13

Cinnamon Roll  
Grapes  
100% Juice  
Milk

14

Sausage and Biscuit  
Orange Slices  
100% Juice  
Milk

17

Waffle Funnel Cake  
Grapes  
100% Juice  
Milk

18

Breakfast Pizza  
Banana  
100% Juice  
Milk

19

Cinni Minnis  
Applesauce  
100% Juice  
Milk

20

Chicken and Biscuit  
Apple Slices  
100% Juice  
Milk

21

Waffle Funnel Cake  
Grapes  
100% Juice  
Milk

24

Breakfast Pizza  
Banana  
100% Juice  
Milk

25

Cinnamon Roll  
Applesauce  
100% Juice  
Milk

26

Sausage and Biscuit  
Orange Slices  
100% Juice  
Milk

27

Chicken and Biscuit  
Apple Slices  
100% Juice  
Milk

28

Cinni Minnis  
Applesauce  
100% Juice  
Milk

31



"USDA is an equal opportunity  
Provider."

