



Riverbank Unified School District

January 2019

Breakfast Menu

Harvest of the Month - Grapefruit









Born - Barbados

Vitamin C & Fiber Pectin

Season - Nov. Thru April

Sour, Semi-Sweet & Bitter

Monday	Tuesday	Wednesday	Thursday	Friday
				
Cereal Or Strawberry Poptart Juice & Fresh Fruit 7	Cereal Or Breakfast Pizza Applesauce Cup & Fresh Fruit 8	Cereal Or Cook's Choice Applesauce Cup & Fresh Fruit 9	Cereal Or Mini Donuts Chocolate Juice & Fresh Fruit 10	Cereal Or Ham & Cheese Combo Applesauce Cup & Fresh Fruit 11
Cereal Or Cinn. Glazed Pancakes Juice & Fresh Fruit 14	Cereal Or Breakfast Pizza Raisin Box & Fresh Fruit 15	Cereal Or Mini Pillsbury Pancakes Raisin Box & Fresh Fruit 16	Cereal Or Mini Donuts Powdered Sugar Juice & Fresh Fruit 17	Cereal Or Ham & Cheese Combo Raisin Box & Fresh Fruit 18
 1929 1968 21	Cereal Or Breakfast Pizza Applesauce Cup & Fresh Fruit 22	Cereal Or Breakfast Bun Applesauce Cup & Fresh Fruit 23	Cereal Or Double Choc. Muffin Juice & Fresh Fruit 24	Cereal Or Ham & Cheese Combo Applesauce Cup & Fresh Fruit 25
Cereal Or Bagel with Cream Cheese Juice & Fresh Fruit 28	Cereal Or Breakfast Pizza Raisin Box & Fresh Fruit 29	Cereal Or French Toast Sticks Raisin Box & Fresh Fruit 30	Cereal Or Mini Donuts Chocolate Juice & Fresh Fruit 31	Cereal Or Ham & Cheese Combo Raisin Box & Fresh Fruit 1

USDA DAILY REQUIREMENTS: Must take 3 items
 Bread/Grain (One item must be a fruit)
 Protein/Meat
 Fruit
 Milk-1% White or Nonfat Chocolate

"The USDA and the CDE are equal opportunity providers and employers."

Menu Subject to Change



Sunday
Feb. 3rd

PAY ONLINE
www.mymealtime.com

