



Riverbank Unified School District

Born - Centra Asis

October 2019

Breakfast Menu






Moderate Content of Fiber

Season - Summer & Autumn

Harvest of the Month - Apples

2017 - 83 million Tons Produced

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal Or PBJ Wafer Juice & Fresh Fruit 30	Cereal Or Breakfast Pizza Applesauce Cup & Fresh Fruit 1	Cereal Or Apple Frudel  Raisin Box & Fresh Fruit 2	Cereal Or Mini Donuts Powdered Sugar Juice & Fresh Fruit 3	Cereal Or Ham & Cheese Combo Fruit Cup & Fresh Fruit 4
Cereal Or Cinn. Glazed Pancakes Juice & Fresh Fruit 7	Cereal Or Breakfast Pizza Applesauce Cup & Fresh Fruit 8	Cereal Or Breakfast Bun Applesauce Cup & Fresh Fruit 9	Cereal Or Double Choc. Muffin Juice & Fresh Fruit 10	Cereal Or Chicken & Biscuit Fruit Cup & Fresh Fruit 11
Cereal Or French Toast Sticks Juice & Fresh Fruit 14	Cereal Or Breakfast Pizza Raisin Box & Fresh Fruit 15	Cereal Or Apple Bear Paw Raisin Box & Fresh Fruit 16	Cereal Or Mini Donuts Chocolate Juice & Fresh Fruit 17	Cereal Or Ham & Cheese Combo Fruit Cup & Fresh Fruit 18
Cereal Or Apple Pancake Bowl  Juice & Fresh Fruit 21	Cereal Or Breakfast Pizza Raisin Box & Fresh Fruit 22	Cereal Or Breakfast Bun Raisin Box & Fresh Fruit 23	Cereal Or Mini Donuts Powdered Sugar Juice & Fresh Fruit 24	Cereal Or Ham & Cheese Combo Fruit Cup & Fresh Fruit 25
Cereal Or Sausage & Pancake Bites Juice & Fresh Fruit 28	Cereal Or Breakfast Pizza Applesauce Cup & Fresh Fruit 29	Cereal Or Pumpkin Spice Scone  Raisin Box & Fresh Fruit 30	Cereal Or Dutch Waffle Juice & Fresh Fruit 31	Cereal Or Ham & Cheese Combo Fruit Cup & Fresh Fruit 1

USDA DAILY REQUIREMENTS:

Bread/Grain, Fruit,

Protein/Meat, Milk

Must take 3 items

(One item must be a fruit)

Menu Subject to Change



PAY ONLINE

www.mymealtime.com

Menu Subject to Change

National Lights On Afterschool Event

Friday, October 25th - 3:30-5:30 - Ca Ave

