



Riverbank Unified School District

November 2019

Breakfast Menu

Harvest of the Month - Sweet Potato

Born - Tropical Regions



Vitamin A & Beta Carotene

Season - Aug. thru Nov.

Edible Tuberos Root

Monday	Tuesday	Wednesday	Thursday	Friday
				Cereal Or Ham & Cheese Combo Raisin Box & Fresh Fruit 1
Cereal Or Fudge Poptart Juice & Fresh Fruit 4	Cereal Or Breakfast Pizza Applesauce Cup & Fresh Fruit 5	Cereal Or Cook's Choice Applesauce Cup & Fresh Fruit 6	Cereal Or Double Choc. Muffin Juice & Fresh Fruit 7	Cereal Or Chicken & Biscuit Applesauce Cup & Fresh Fruit 8
 11	Cereal Or Breakfast Pizza Raisin Box & Fresh Fruit 12	Cereal Or Lemon Ice Bread  Raisin Box & Fresh Fruit 13	Cereal Or Mini Donuts Chocolate Juice & Fresh Fruit 14	Cereal Or Ham & Cheese Combo Raisin Box & Fresh Fruit 15
Cereal Or Mini Maple Pancakes Juice & Fresh Fruit 18	Cereal Or Breakfast Pizza Applesauce Cup & Fresh Fruit 19	Cereal Or Breakfast Bun Applesauce Cup & Fresh Fruit 20	Cereal Or Mini Donuts Powdered Sugar Juice & Fresh Fruit 21	Cereal Or Ham & Cheese Combo Applesauce Cup & Fresh Fruit 22
Cereal Or French Toast Sticks Juice & Fresh Fruit 25	Cereal Or Breakfast Pizza Raisin Box & Fresh Fruit 26	Cereal Or Sweet Potato Cinnamon Roll  Raisin Box & Fresh Fruit 27	 29	

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



PAY ONLINE
www.mymealtime.com