

RISE & SHINE *with* BREAKFAST

A NUTRITIOUS WAY to START EVERY DAY



River Terrace Breakfast Menu

November 2 - 6

Breakfast is free for all students! Full student breakfast includes choice of 2 grain components or 1 grain item and 1 meat/meat alternate item, choice of TWO fruits & choice of 1% or skim white milk. You MUST take a fruit choice in order for your meal to be a complete breakfast. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast Comfort Foods	Whole Grain Bagel w/Reduced Fat Cream Cheese 100% Fruit Punch	Fresh Baked Whole Grain Blueberry Muffin Fresh Orange Or Peach Cup	Whole Grain Cinnamon Biscuit Fresh Local Apple Or Applesauce	Yogurt Cup Graham Crackers Chilled Pears	Whole Grain Pancakes w/Syrup Fresh Banana Or Pineapple Cup
 Everyone's Favorites	Cheesy Scrambled Eggs Whole Grain English Muffin 100% Fruit Punch	Turkey Ham & Cheese Frittata Whole Grain Toast Fresh Orange Or Peach Cup	Turkey Sausage on Whole Grain Bagel Fresh Local Apple Or Applesauce	Scrambled Eggs Whole Grain English Muffin Chilled Pears	Chicken Sausage on a Whole Grain Biscuit Fresh Banana Or Pineapple Cup
Available Daily	Whole Grain Golden Grahams Multigrain Cheerios Cinnamon Toast Crunch Chex Cereal Yogurt Cup Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
Food Focus	 <p>LOCALLY GROWN: CRANBERRIES ARE NATIVE TO NORTH AMERICA!</p> <p>DRIED FRUITS</p>				

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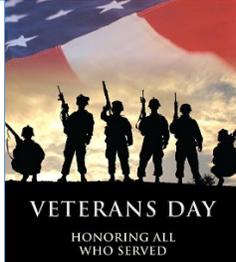
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River Terrace Breakfast Menu

November 9 – 13

Breakfast is free for all students! Full student breakfast includes choice of 2 grain components or 1 grain item and 1 meat/meat alternate item, choice of TWO fruits & choice of 1% or skim white milk. You MUST take a fruit choice in order for your meal to be a complete breakfast. Did you know—if you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast Comfort Foods	Yogurt Cup Graham Crackers 100% Fruit Punch	Fresh Baked Whole Grain Blueberry Muffin Square Fresh Orange Or Peach Cup	Veterans Day No School	Mexican Scrambled Egg Bar Whole Grain Toast Chilled Pears	French Toast Bake Fresh Banana Or Pineapple Cup
 Everyone's Favorites	Cheesy Scrambled Eggs Whole Grain English Muffin 100% Fruit Punch	Whole Grain Cinnamon Biscuit Fresh Orange Or Peach Cup	 VETERANS DAY HONORING ALL WHO SERVED	Turkey Sausage on Whole Grain English Muffin Chilled Pears	Chicken Sausage on a Whole Grain Biscuit Fresh Banana Or Pineapple Cup
Available Daily	Whole Grain Golden Grahams Multigrain Cheerios Cinnamon Toast Crunch Chex Cereal Yogurt Cup Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
Food Focus	HOW MUCH?  We should eat about 1-1/2 cups of fruit a day. 1/4 cup of dried fruit = 1/2 cup serving of fruit. 				

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River Terrace Breakfast Menu

November 16 – 20

Breakfast is free for all students! Full student breakfast includes choice of 2 grain components or 1 grain item and 1 meat/meat alternate item, choice of TWO fruits & choice of 1% or skim white milk. You MUST take a fruit choice in order for your meal to be a complete breakfast. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast Comfort Foods	Yogurt Cup Graham Crackers 100% Fruit Punch	Whole Grain Cinnamon Peach Oatmeal Fresh Orange Or Peach Cup	Whole Grain Bagel w/Reduced Fat Cream Cheese Fresh Local Apple Or Applesauce	Fresh Baked Whole Grain Blueberry Muffin Square Chilled Pears	French Toast Bake Fresh Banana Or Pineapple Cup
 Everyone's Favorites	Cheesy Scrambled Eggs Whole Grain English Muffin 100% Fruit Punch	Turkey Ham & Cheese Frittata Whole Grain Toast Fresh Orange Or Peach Cup	Scrambled Eggs Whole Grain English Muffin Fresh Local Apple Or Applesauce	Chicken Sausage on a Whole Grain Biscuit Chilled Pears	Whole Grain Cinnamon Biscuit Fresh Banana Or Pineapple Cup
Available Daily	Whole Grain Golden Grahams Multigrain Cheerios Cinnamon Toast Crunch Chex Cereal Yogurt Cup Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
Food Focus					

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River Terrace Breakfast Menu

November 23 – 27

Breakfast is free for all students! Full student breakfast includes choice of 2 grain components or 1 grain item and 1 meat/meat alternate item, choice of TWO fruits & choice of 1% or skim white milk. You MUST take a fruit choice in order for your meal to be a complete breakfast. Did you know—if you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Breakfast Comfort Foods	Whole Grain Cinnamon Biscuit 100% Fruit Punch	Whole Grain Pancakes w/Syrup Fresh Orange Or Peach Cup	Scrambled Egg Bar Whole Grain Toast Fresh Local Apple Or Applesauce	Happy Thanksgiving!	Thanksgiving Friday
 Everyone's Favorites	Chicken Sausage on a Whole Grain Biscuit 100% Fruit Punch	Scrambled Eggs Whole Grain Toast Fresh Orange Or Peach Cup	Whole Grain Bagel w/Reduced Fat Cream Cheese Fresh Local Apple Or Applesauce		No School
Available Daily	Whole Grain Golden Grahams Multigrain Cheerios Cinnamon Toast Crunch Chex Cereal Yogurt Cup Whole Grain Strawberry Bar Graham Crackers Assorted Fresh & Cupped Fruit				
Food Focus	 <p>*IT TAKES 4-5 POUNDS OF GRAPES TO PRODUCE 1 POUND OF RAISINS!</p> <p>DRIED FRUITS</p> <p>*AGMFC.ORG</p>				