




# May

# 2023

## River Valley Charter School Breakfast Menu

\*Milk  
White Low fat Milk 1%  
Fat Free Chocolate Milk  
Skim White Milk

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>No Breakfast</i>	2 Muffin Peaches Juice / Milk	3 Yogurt w/String Cheese & Graham Crackers Apple Juice / Milk	4 Cereal Banana Juice / Milk	5 Cinnamon Roll Orange Juice / Milk
8 <i>No Breakfast</i>	9 Yogurt w/String Cheese & Graham Crackers Peaches Juice / Milk	10 Muffin Apple Juice / Milk	11 Cinnamon Roll Banana Juice / Milk	12 Honey Bun Orange Juice / Milk
15 <i>No Breakfast</i>	16 Cereal Peaches Juice / Milk	17 Muffin Mixed Fruit Juice / Milk	18 WG Mini Cinnis Orange Juice / Milk	19 Yogurt w/String cheese & Graham Crackers Banana Juice / Milk
22 <i>No Breakfast</i>	23 Yogurt w/String Cheese & Graham Crackers Peaches Juice / Milk	24 Cereal Mixed Fruit Juice / Milk	25 Breakfast Bar Orange Juice / Milk	26 Crumb Cake Banana Juice / Milk
29 <i>Holiday</i>	30 Crumb Cake Peaches Juice / Milk	31 Mini Bagel w/Cream Cheese Apple Juice / Milk	<div style="border: 1px solid black; padding: 5px; display: inline-block;">Menus are subject to change without notice.</div> <div style="border: 1px solid black; padding: 5px; display: inline-block; margin-left: 20px;">Offer VS Serve</div>	
				 <b>Cafeteria Squad</b>

**Warning:** Our School food facilities offer products with peanuts, tree nuts, soy, milk, eggs and wheat. For students with food allergies, we offer a variety of foods which are intended to be free of these ingredients. While we take steps to minimize the risk of cross contamination, we can not guarantee that any of our products are safe to consumers with peanut, tree nut, soy, milk, egg or wheat allergies. Consumers with severe allergies should consume food items with caution.

To qualify as a reimbursable meal, students may select as many as 5 or as few as 3 of the food components offered and include 1/2 cup fruit and/or vegetable. Components include 1) fruit, 2) vegetable, 3) milk, 4) grains, and 5) meat/meat alternate. Condiments do not count as a component. The middle school lunch provides 600-700 calories based on a weekly average. The high school lunch provides 750-850 calories based on a weekly average. The breakfast provides 450-550 calories based on a weekly average.

"This institution is an equal opportunity provider."