



RIVER VALLEY CHARTER SCHOOL BREAKFAST MENU

OCTOBER 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Other Options
-28- Cinnamon Graham Goldish OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-29- Warm Bagel w/ cream cheese OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-30- WG Cinnamon Roll OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-1- Assorted Snack n' Waffles OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-2- Whole Grain Mini Maple Pancakes OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	<i>Breakfast is FREE for all students!</i> <u>Alternate Breakfast Entrée Choices</u> 88 Acres Bar w/Cheese Stick Assorted WG ZeeZee Bars Assorted Smoothies Yogurt w/Granola Bites Assorted Cereal (6g of added sugar per 1oz) MILK ONLY \$0.60 JUICE ONLY \$0.60 8oz WATER \$0.75 FRESH FRUIT \$0.60 
-5- WG Pancake Bites OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-6- Breakfast Bento Box OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-7- Pumpkin Pie Overnight Oats OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-8- Apple Cinnamon Texas Toast OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-9- Assorted WG Muffins OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	
-12- NO SCHOOL! 	-13- Warm Bagel w/ cream cheese OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-14- Whole Grain Mini Maple Pancakes OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-15- Whole Grain Pull apart donuts OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-16- WG Apple Cinnamon Texas Toast OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	



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Monday	Tuesday	Wednesday	Thursday	Friday	Other Options
-19- WG Mini Cinni's OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-20- WG Confetti Pancakes OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-21- Breakfast Bento Box OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-22- Apple Cinnamon Texas Toast OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-23- Assorted WG Muffins OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	Breakfast is FREE!! FOR ALL STUDENTS!  Questions? Contact: Triton Food Services TRSDFS@tritonschools.org Happy Halloween 
-26- Assorted Snack'nWaffle OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-27- WG Pancake Bites OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-28- Warm Bagel w/ cream cheese OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-29- WG Pull Apart Donuts OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-30- Pumpkin Pie Overnight Oats  OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	

****Menu is subject to change without notice** ~ USDA is an equal opportunity provider and employer ~**