



RIVER VALLEY CHARTER SCHOOL BREAKFAST MENU

SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Other Options
-31- NO SCHOOL!	-1- WG Apple Oatmeal Bar OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-2- WG Blueberry Lemon Bites OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-3- Cinnamon Graham Goldfish OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-4- NO SCHOOL!	<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)
-8- NO SCHOOL! LABOR DAY 	-9- WG Waffle Grahams w/ Chocolate Chickpea Dip OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-10- WG Mini Cinni's* OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-11- WG Pull Apart Donuts* OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-12- Assorted WG Snack n' Waffles* OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	MILK ONLY \$0.60 JUICE ONLY \$0.60 8oz WATER \$0.75 FRESH FRUIT \$0.60  <i>*Less than 15g of Added Sugar</i>
-15- Cinnamon Graham Goldfish OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-16- WG Apple Oatmeal Bar OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-17- WG Blueberry Lemon Bites OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-18- Assorted WG Muffins* OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-19- WG Mini Maple Pancakes* OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	



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-22- WG Waffle Grahams w/ Chocolate Chickpea Dip OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-23- WG Confetti Pancakes* OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-24- WG Mini Cinni's* OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-25- WG Pull Apart Donuts* OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-26- 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: Sarah Littmann, RD, MS, SNS 978-255-4019 Sarah.littmann@ tritonschools.org 
-29- Cinnamon Graham Goldfish OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-30- Bagel w/ Cream Cheese OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-1- WG Cinnamon Roll* OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-2- Assorted WG Snack n' Waffles* OR Fruit & Yogurt Smoothie with Grahams Apple or Orange Juice Assorted Fruit 1% or Chocolate Milk	-3- WG Mini Maple Pancakes* 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 ~**