

 [Enter Menu Details]

Fruit and Grain Bar

Cheese Stick

Orange

Fruit and Grain Bar

Fruit cup

100% fruit juice

Thanksgiving

Thanksgiving

English muffin Ham

Egg & Cheese

Orange

Cold cereal Variety

Cheese stick

100 % Fruit Juice

Fruit

Oatmeal muffin Squares

Cheese stick

Orange

Pancakes

Sausage Link

Fruit cup

100% Fruit Juice

Oatmeal

Dried Apple Slices

Fruit cup

Cinnamon roll

Apple

Cheese stick

Breakfast Burrito

Fruit cup

100% Fruit Juice

Yogurt

Strawberries

Granola

100% juice

Banana Bread

Cheese stick

Fresh Fruit

1% white milk

Nonfat chocolate served with each meal

Preschool is required to have 1% white Milk only

Water is available

**NOVEMBER 2021**

Riggins Elementary & Salmon River Jr/Sr High

Bagel and Cream cheese

Fruit cup

100 % Fruit Juice

Muffins

Cheese Stick

Fruit cup

100 % Fruit juice

Biscuit and Gravy

Apples

100% Fruit Juice

Cold cereal Variety

100 % Fruit Juice

Fruit

French Toast

Fruit cup

100% Fruit Juice