

Riverdale Elementary School

Breakfast · October 2026

Monday

Tuesday

Wednesday

Thursday

Friday

- 5**
- Eggs, Bacon & Toast Platter** 230 cal
 - Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - Banana Sliced Bread 260 cal
 - WG Toast 90 cal
 - Blueberry Muffin Top 250 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal
 - Mixed Berry Fruit Cup 90 cal

- 6**
- Mozzarella Cheese Bites, 3 each** 340 cal
 - WG Double Chocolate Muffin 170 cal
 - Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - WG Toast 90 cal
 - Banana Sliced Bread 260 cal
 - Peach Cup 90 cal
 - Strawberry Cup 80 cal
 - Mixed Berry Fruit Cup 90 cal

- 7**
- Pancake Bites** 250 cal
 - Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - WG Toast 90 cal
 - Banana, fresh 146 cal
 - Pineapple, Wedges Frozen 30 cal
 - Orange Wedges 76 cal

- 1**
- Scrambled Eggs with Cheese & Tater Tots Platter** 211 cal
 - Cinnamon Toast Crunch Bowl 1 oz 120 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Apple Juice 60 cal
 - Red Delicious Apple 75 cal
 - Fresh Apple Slices 30 cal

- 2**
- Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 417 cal
 - Cinnamon Toast Crunch Bowl 1 oz 120 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Golden Delicious Apple 75 cal
 - Applesauce, Strawberry 4.5 oz 50 cal

- 8**
- Power Box with Crackers (no yogurt)** 242 cal
 - Blueberry Muffin Top 250 cal
 - Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - WG Toast 90 cal
 - Apple Juice 60 cal
 - Fruit Juice Blend 60 cal
 - Tangelos, Fresh 47 cal
 - Banana, fresh 146 cal
 - Fresh Apple Slices 30 cal

- 9**
- Oatmeal** 190 cal
 - Sweet Potato Swirl 138 cal
 - Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 160 cal
 - Trix Cereal Bar 1.42 oz 160 cal
 - WG Toast 90 cal
 - Orange Wedges 76 cal
 - Golden Delicious Apple 75 cal
 - Mixed Berry Fruit Cup 90 cal
 - Fresh Apple Slices 30 cal

No menu published

- 13**
- Mozzarella Cheese Bites, 3 each** 340 cal
 - Colby Cheese Stick 90 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 110 cal
 - Fresh Apple Slices 30 cal
 - Applesauce 4.5 oz 60 cal

- 14**
- Pancake Bites** 250 cal
 - Scrambled Eggs with Cheese & Tater Tots Platter 142 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Apple Juice 60 cal
 - Fresh Orange 76 cal
 - Fresh Apple Slices 30 cal

- 15**
- Stuffed Hashbrown Potato** 245 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Fresh Apple Slices 30 cal
 - Applesauce 4.5 oz 60 cal

- 16**
- Trix Cereal Bowl 1 oz** 110 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Sweet Potato Swirl 140 cal
 - Apple Juice 60 cal
 - Fresh DoD Apple 77 cal
 - Scramble Eggs and Toast 169 cal
 - Applesauce 4.5 oz 60 cal

- 19**
- Trix Cereal Bowl 1 oz** 110 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Banana Sliced Bread 260 cal
 - Fresh DoD Apple 77 cal
 - Diced Peach Cup SS 70 cal

- 20**
- Mozzarella Cheese Bites, 3 each** 340 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Diced Pear Cup 70 cal
 - Apple Juice 60 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Strawberry Cup 80 cal

- 21**
- Pancake Bites** 250 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Pineapple, Wedges Frozen 30 cal
 - Applesauce 4.5 oz 60 cal
 - Orange Wedges 76 cal

- 22**
- Power Box with Crackers (no yogurt)** 242 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Apple Juice 60 cal
 - Strawberry Cup 80 cal
 - Cheerios Gluten Free Bowl 1 oz 101 cal

- 23**
- Sweet Potato Swirl** 140 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Golden Delicious Apple 75 cal
 - Mixed Berry Fruit Cup 90 cal
 - Buttermilk Pancakes, 2 ea 180 cal
 - Applesauce 4.5 oz 60 cal

- 26**
- Banana Sliced Bread** 260 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Cinnamon Toast Crunch Bowl RS, 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Apple Juice 60 cal
 - Applesauce, Birthday Cake 4.5 oz 70 cal

- 27**
- Mozzarella Cheese Bites, 3 each** 340 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Pineapple, Wedges Frozen 30 cal
 - 2 Mozzarella Cheese Bites with Marinara Sauce 267 cal

- 28**
- Scrambled Eggs with Cheese & Tater Tots Platter** 245 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Apple Juice 60 cal
 - Fresh Apple Slices 30 cal

- 29**
- Stuffed Hashbrown Potato** 245 cal
 - Frosted Corn Flakes Bowl 1 oz 110 cal
 - Cocoa Puffs Bowl 1 oz 120 cal
 - Cinnamon Toast Crunch R/S Bowl 1 oz 110 cal
 - Pineapple, Wedges Frozen 30 cal
 - Orange Wedges 76 cal

- 30**
- Pacos, (Pancakes Tacos, Eggs, Cheese and Bacon)** 384 cal
 - Sweet Potato Swirl 140 cal
 - Cereal Blueberry Chex Bowl 1 oz 111 cal
 - Frosted Corn Flakes Bowl 1 oz 111 cal
 - Rice Chex Gluten Free Bowl 1 oz 110 cal
 - Trix Cereal Bowl 1 oz 110 cal
 - Nutrigrain Bar, Strawberry 150 cal
 - Trix Cereal Bar 1.42 oz 150 cal
 - WG Toast 90 cal
 - Fruit Juice Blend 60 cal
 - Apple Juice 60 cal
 - Fresh Tangerine 40 cal
 - Fresh Apple Slices 30 cal
 - Scramble Eggs and Toast 169 cal

Served every day

Mozzarella Cheese Stick · Assorted Milk