





**Riverside Jr/Sr High**  
Breakfast Menu

**June 2025**

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
2  Chef's Choice	3  Chef's Choice	4  Chef's Choice	5  Chef's Choice	6  Chef's Choice	<b>What is a Meal?</b> Students must choose at least 3 of the 4 components available for the school breakfast price.  - Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk  A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.  <b>Whole Grain Cereals</b> Cinnamon Toast Crunch, Cocoa Puffs, Mini Wheats  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, chocolate, and strawberry
9  Chef's Choice					
16					
23					
30					
Ariel Cowperthwait, General Manager 570.562.2121 ext. 1174 <a href="mailto:ma1156@metzcorp.com">ma1156@metzcorp.com</a>			<b>Meal Prices</b> Student Breakfast Faculty Breakfast		FREE \$3.00
					 Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES

Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
					<b>What is a Meal?</b> Students must choose at least 3 of the 5 components available for the school lunch price. <ul style="list-style-type: none"> <li>- Choice of Whole Grain</li> <li>- Choice of Protein</li> <li>- Choice of Vegetable</li> <li>- Choice of Fruit</li> <li>- Choice of Milk</li> </ul> A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.
2 Chef's Choice  <b>FEATURED VEGGIES</b> Fresh Veggies TBD	3 Chef's Choice  <b>FEATURED VEGGIES</b> Fresh Veggies TBD	4 Chef's Choice  <b>FEATURED VEGGIES</b> Fresh Veggies TBD	5 Chef's Choice  <b>FEATURED VEGGIES</b> Fresh Veggies TBD	6 Chef's Choice  <b>FEATURED VEGGIES</b> Fresh Veggies TBD	
					13 <b>Choice of Vegetable</b> Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables  <b>Choice of Fruit</b> Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice  <b>Choice of Milk</b> 1% white, chocolate, and strawberry
					20 <b>Daily Alternates</b> Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches or Wraps
					27
					<b>(V) Vegetarian</b> <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i>  <b>(VG) Vegan</b> <i>These items do not contain any animal products</i>
<b>Ariel Cowperthwait, General Manager</b> 570.562.2121 ext. 1174 <a href="mailto:ma1156@metzcorp.com">ma1156@metzcorp.com</a>			<b>Meal Prices</b> Student Breakfast Faculty Breakfast		FREE \$4.75
					

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