


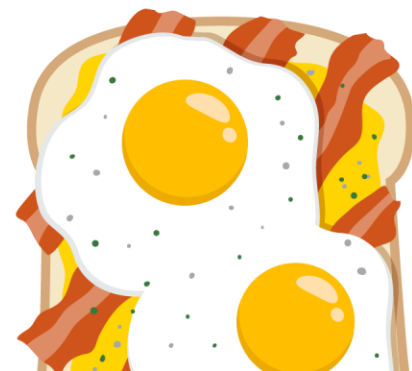
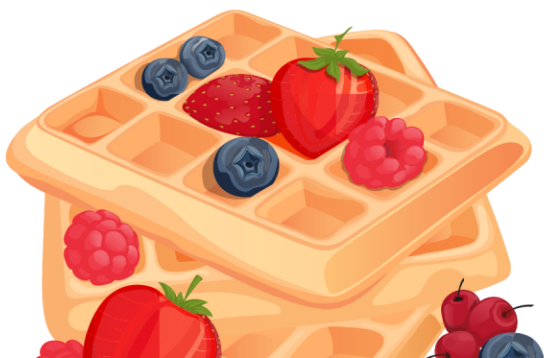


Riverside Jr/Sr High
Breakfast Menu

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal? 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 or Vegetable - Choice of Milk A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast. Whole Grain Cereals <i>(served with graham crackers)</i> Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice Choice of Milk 1% white, fat-free white, fat-free chocolate, fat-free strawberry (V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i> (VG) Vegan <i>These items do not contain any animal products</i>
29 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	30 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	1 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	2 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	3 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	
6 Mini Cinni Rolls Assorted Cereals or Cereal Bar with Graham Crackers	7 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	8 Apple Pie Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	9 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	10 Breakfast Banana Split Assorted Cereals or Cereal Bar with Graham Crackers	
13 	14 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	15 Strawberries & Cream Overnight Oats Cup with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	16 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	17 Egg & Cheese Croissant Assorted Cereals or Cereal Bar with Graham Crackers	
20 Breakfast Sandwich Assorted Cereals or Cereal Bar with Graham Crackers	21 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	22 Strawberries & Cream Smoothie Bowl with Graham Crackers Assorted Cereals or Cereal Bar with Graham Crackers	23 French Toast Sticks with Syrup Assorted Cereals or Cereal Bar with Graham Crackers	24 Dutch Waffle Assorted Cereals or Cereal Bar with Graham Crackers	
27 Mini Maple Pancakes Assorted Cereals or Cereal Bar with Graham Crackers	28 Breakfast Pizza Assorted Cereals or Cereal Bar with Graham Crackers	29 Egg, Sausage & Cheese Maple Flatbread Assorted Cereals or Cereal Bar with Graham Crackers	30 Chocolate Chip French Toast Assorted Cereals or Cereal Bar with Graham Crackers	31 Apple Strudel Assorted Cereals or Cereal Bar with Graham Crackers	
Your Team Ariel Cowperthwait, General Manager 570.562.2121 ext. 1174 ma1156@metzcorp.com		Meal Prices Student Breakfast \$0.00 Reduced Breakfast \$0.00 Faculty Breakfast \$3.00			

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



Monday	Tuesday	Wednesday	Thursday	Friday	<div>What is a Meal?</div> <p>Students must choose at least 3 of the 5 components available for the school lunch price.</p> <ul style="list-style-type: none">- Choice of Whole Grain- Choice of Protein- Choice of Vegetable- Choice of Fruit- Choice of Milk <p>A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.</p> <div>Choice of Vegetable</div> <p>Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables</p> <div>Choice of Fruit</div> <p>Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice</p> <div>Choice of Milk</div> <p>1% white, fat-free chocolate, fat-free strawberry</p> <div>Daily Alternates</div> <p>Fresh Entree Salad of the Week Craveables Weekly Cold Cut Sandwiches & Wraps</p> <div>October Food Holiday Spotlight</div>  <p>(V) Vegetarian <i>These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg</i></p> <p>(VG) Vegan <i>These items do not contain any animal products</i></p>					
Pizza of the Week: Buffalo Chicken										
		1 Chicken Parm Sandwich FEATURED VEGGIES Cheesy Carrot Casserole Side Caesar Salad	2 Classic Toasted Cheese Sandwich (V) FEATURED VEGGIES Tomato Soup Celery Sticks	3 Popcorn Chicken Mashed Potato Bowl with Roll FEATURED VEGGIES Steamed Corn Broccoli Salad						
Pizza of the Week: BBQ Chicken										
6 Pepper Steak Bowl with Lo Mein Noodles FEATURED VEGGIES Sweet Chili Brussels Baby Carrots	7 Italian Meatball & Cheese on Toasted Baguette FEATURED VEGGIES Green Beans Strawberry Spinach Salad	8 Cowboy Burger FEATURED VEGGIES Curly Fries Sliced Cucumbers	9 Philly Cheesesteak on Toasted Baguette FEATURED VEGGIES Crinkle Cut Oven Fries Fresh Grape Tomatoes	10 Loaded Bacon Cheddar Pierogis w/ Dinner Roll FEATURED VEGGIES Roasted Sweet Potato Chickpea Salad						
Pizza of the Week: Cheesesteak										
13 	14 Orange Chicken with White Rice FEATURED VEGGIES Crinkle Cut French Fries Caesar Side Salad	15 Dip & Dust Wings with Garlic Knot FEATURED VEGGIES BBQ Baked Beans Steamed Mixed Veggies	16 Turkey & Provolone Sub FEATURED VEGGIES Sidewinder Fries Tomato Mozzarella Salad	17 Buffalo Chicken Dip with Tortilla Chips FEATURED VEGGIES Lemon-Parmesan Broccoli Baby Carrots						
Pizza of the Week: Chicken Bacon Ranch										
20 Cheeseburger Tater Tot Bowl FEATURED VEGGIES Steamed Mixed Veggies Garden Side Salad	21 Nachos Grande FEATURED VEGGIES Ranch Refried Bean Dip Salsa	22 Hawaiian Pork Sandwich on Toasted Ciabatta FEATURED VEGGIES Sweet Potato Fries Fresh Pineapple Slaw	23 Breakfast for Lunch: Egg, Sausage & Cheese on a Croissant FEATURED VEGGIES Tri Hash Brown Fresh Cucumbers	24 Cheesy Pizza Crunchers with Marinara (V) FEATURED VEGGIES Roasted Zucchini Caesar Salad						
Pizza of the Week: Sausage										
27 Chicken Nuggets with Buttered Noodles FEATURED VEGGIES Cheesy Carrot Casserole Broccoli Salad	28 Beef Soft Tacos with Salsa FEATURED VEGGIES Steamed Golden Corn Celery Sticks	29 Chicken Alfredo served over Penne Pasta w/ Garlic Toast FEATURED VEGGIES Chickpea Salad Steamed Broccoli	30 Buffalo Chicken Flatbread FEATURED VEGGIES Steamed Garden Peas Tomato Mozzarella Salad	31  Cheese Quesadilla (V) FEATURED VEGGIES Tater Tots Apple Cider Slaw						
Ariel Cowperthwait, General Manager 570.562.2121 ext. 1174 ma1156@metzcorp.com			<div>Meal Prices</div> <table><tr><td>Student Lunch</td><td>\$0.00</td></tr><tr><td>Reduced Lunch</td><td>\$0.00</td></tr><tr><td>Faculty Lunch</td><td>\$4.85</td></tr></table> <div></div>		Student Lunch	\$0.00	Reduced Lunch	\$0.00	Faculty Lunch	\$4.85
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