



# October 2022

## RIVERSIDE JR/SR HIGH SCHOOL LUNCH MENU

### Weekly Specials:

#### MAINLINE

**Monday**

Pasta Bar

**Wednesday**

Baked Potato Bar

**Tuesday & Thursday**

Taco Bar

**Friday**

Breakfast for Lunch

#### PIZZA

Cheese & Pepperoni

#### GRAB & GO

Assorted Salads

Wraps & Hoagies

#### SLIDES

Chicken Patty Sandwich

Cheeseburger

Chicken Nuggets

**Chicken Tenders**

Tater Tots

Baked Fries

#### ALSO AVAILABLE

##### Fresh Fruits &

##### Vegetables

Apples, Oranges,

Bananas

100% Fruit Juice

Baby Carrots

Celery Sticks

##### Milk Choices:

1% Plain

Fat Free

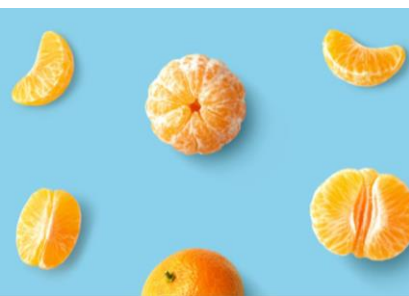
Fat Free Strawberry

Fat Free Chocolate

MON	TUES	WED	THURS	FRI
<b>Mozzarella Sticks w/Marinara</b> <sup>3</sup> Marinara Sauce Fresh Fruit Buffalo Chicken Pizza	<b>Hot Wing Hoagie</b> <sup>4</sup> Steamed Broccoli Peaches Buffalo Chicken Pizza	<b>Ham &amp; Ch. On a Pretzel Roll</b> <sup>5</sup> Baked Beans Applesauce Buffalo Chicken Pizza	<b>Cheese Stuffed Breadsticks</b> <sup>6</sup> Marinara Sauce Diced Pears Buffalo Chicken Pizza	<b>Grilled Cheese Sandwich</b> <sup>7</sup> Fruit Mix Buffalo Chicken Pizza
 <b>10</b>	<b>Bacon Cheeseburger</b> <sup>11</sup> Baked Beans Fresh Fruit Buffalo Chicken Pizza	<b>Mozzarella Sticks w/Marinara</b> <sup>12</sup> Golden Corn Applesauce Buffalo Chicken Pizza	<b>BBQ Rib Sandwich</b> <sup>13</sup> Green Beans Diced Pears Buffalo Chicken Pizza	<b>Hot Wing Hoagie</b> <sup>14</sup> Glazed Carrots Peaches Buffalo Chicken Pizza
<b>Chicken Parm Sandwich</b> <sup>17</sup> Sweet Peas Mixed Fruit Meat Lover's Pizza	<b>Mini Corn Dogs</b> <sup>18</sup> Mixed Vegetables Fresh Fruit Meat Lover's Pizza	<b>Hot Wing Hoagie</b> <sup>19</sup> Green Beans Applesauce Meat Lover's Pizza	<b>Mozz. Sticks w/Marinara Sce.</b> <sup>20</sup> Baked Beans Diced Pears Meat Lover's Pizza	<b>Ham &amp; Cheese on a Pretzel Roll</b> <sup>21</sup> Baked Fries Peaches Meat Lover's Pizza
<b>Hot Wing Hoagie</b> <sup>24</sup> Celery Sticks Fresh Fruit Buffalo Chicken Pizza	<b>Meatball Sub</b> <sup>25</sup> Golden Corn Mixed Fruit Buffalo Chicken Pizza	<b>Chicken Parm. Sandwich</b> <sup>26</sup> Glazed Carrots Applesauce Buffalo Chicken Pizza	<b>Texas Cheeseburger</b> <sup>27</sup> Baked Fries Peaches Buffalo Chicken Pizza	<b>BBQ Rib Sandwich</b> <sup>28</sup> Celery Sticks Diced Pears Buffalo Chicken Pizza
<b>31</b> <b>Ham &amp; Ch.on Pretzel Roll</b> Golden Corn Applesauce Sausage Pizza				

Due to continued manufacturing issues, we may experience menu changes. We apologize in advance for any inconvenience.

**First lunch free for all students.**



To make a meal, students must select foods from at least 3 different food groups with one of the items being a ½ cup fruit, ½ cup vegetable or a 4 oz. fruit juice. Students may select up to 1 cup of vegetables but only ½ c fruit or 100% juice. Meals without a fruit or vegetable will be charged a la carte pricing.



This institution is an equal opportunity providers