



OCTOBER 2023

RIVERSIDE ELEMENTARY WEST

LUNCH MENU

WEEKLY DELI SPECIALS

Week of 10/2-10/5

Turkey & Cheese Sandwich

Week of 10/10-10/13

Ham & Cheese Sandwich

Week of 10/16-10/20

Turkey & Cheese Sandwich

Week of 10/23-10/27

Ham & Cheese Sandwich

Week of 10/30-10/31

Turkey & Cheese Sandwich

WEEKLY SALAD SPECIALS

Week of 10/2-10/5

Chicken Caesar Salad

Week of 10/10-10/13

Chef Salad

Week of 10/16-10/20

Diced Chicken Ranch Salad

Week of 10/23-10/27

Turkey Chef Salad

Week of 10/30-10/31

Chef Salad

EVERYDAY OPTIONS

FRUIT & VEGETABLES


Baby Carrots
Celery Sticks
Apple Wedges
Orange Wedges

Banana
Seasonal Fruit

MILK CHOICES

1% Plain
Fat Free Chocolate
Fat Free Plain

All Lunches **Must**
Include Choice of:
Fruits and/or
Vegetable

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Popcorn Chicken Bites with Roll or Cheeseburger Steamed Broccoli Mixed Fruit Cups	3 Cheese Pizza Quesadilla or Chicken Patty Sandwich Baked Beans Diced Pears	4 Pasta w/ Meatballs or Chicken Nuggets w/ Goldfish Green Beans Diced Peaches	5 Chocolate Waffle w/ Syrup or Corn Dog Tater Tots Applesauce	6 NO SCHOOL Act 80 Day
9 	10 BBQ Rib Sandwich or Chicken Nuggets Smiley Fries Diced Pears	11 Beef Nachos or Cheeseburger Kickin' Pintos Diced Peaches	12 Bacon Cheeseburger or Chicken Patty Sandwich Baked Fries Baby Carrots Applesauce	13 Pepperoni Pizza or Hot Dog Side Salad Mixed Fruit
16 Chicken Nuggets w/ Roll or Hot Dog Baked Fries Mixed Fruit	17 Breaded Fish Sticks w/ Roll or Chicken Tenders Green Beans Diced Pears	18 Pasta w/ Meatballs or Cheeseburger Peas & Carrots Applesauce	19 French Toast Sticks w/ Sausage Patty or Chicken Nuggets Tater Tots Sliced Apples	20 Cheese Pizza or Hot Dog Side Salad Mixed Fruit
23 Mini Corn Dogs or Cheeseburger Baked Fries Baked Beans Mixed Fruit	24 Beef Nachos or Chicken Tenders w/ Roll Golden Corn Diced Pears	25 Chicken Patty Sandwich or Cheese Pizza Quesadilla Glazed Carrots Diced Peaches	26 Cheeseburger or Chicken Nuggets Breadstick Steamed Broccoli Applesauce	27 Pepperoni Pizza or Hot Dog California Blend Veggies Mixed Fruit
30 Chicken Nuggets w/ Roll or Meatball Sub Steamed Broccoli Mixed Fruit	31 HALF DAY Bagged Lunch Available	<i>All complete Lunch Meals are FREE for all Riverside students!</i>		

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Menus are subject to change.

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STUDENT NUTRITION

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