



2020

# January

## Riverside Elementary East Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b>More Info...</b></p> <p><b>Offered Daily</b> Fresh Fruit Or Juice</p> <p><b>Fresh Vegetables</b></p> <p><b>1% Milk</b> Skim Milk Chocolate Skim Milk</p> <p><b>All Breads, Rolls, Pasta and Pizza Dough is Whole Grain</b></p> <p><b>Students must pick at least one serving of fruit or vegetable with their meal</b></p> <p><b>PRICES:</b> <b>Free</b></p> <p>Menus are subject to change without notice.</p>
		<p><b>1</b></p> <p><b>HAPPY NEW YEAR</b></p>	<p><b>2</b> Hot Dog on a Bun Cheeseburger Popcorn Chicken Salad w/WG Crackers Green Beans Baked Fries Diced Peaches or Juice</p>	<p><b>3</b> Nacho Platter Cheese Pizza Turkey &amp; Cheese Wrap Vegetarian Beans Steamed Rice Garden Salad Mixed Fruit Cup or Craisins</p>	
<p><b>6</b> French Tst Sticks w/Sausage Chicken Patty Sandwich Ham Chef Salad w/WG Crkr Baked Tater Tots Golden Corn Applesauce or Fresh Fruit</p>	<p><b>7</b> Fish Sticks w/WG Bread Cheeseburger Ham &amp; Cheese Sandwich Baked Fries Orange Glazed Carrots Red Pepper Slices Fresh Fruit or Juice</p>	<p><b>8</b> Salisbury Steak w/Gravy Chick.Nuggets w/WG Brd. Turkey &amp; Cheese Sandwich Parslied Noodles Green Beans Garden Salad Diced Pears or Fresh Fruit</p>	<p><b>9</b> BBQ Rib Sandwich Chicken Nuggets w/WG Brd. Chicken Caesar Salad w/WG Crackers Vegetarian Baked Beans Fresh Celery Sticks Blueberries w/Whipped Topping or Juice</p>	<p><b>10</b> Hot Dog on a Bun Pepperoni Pizza Ham &amp; Cheese Wrap Steamed Broccoli Fresh Baby Carrots Mixed Fruit Cup or Fresh Fruit</p>	
<p><b>13</b> Meatball Sub Chick Nuggets w/WG Brd. Ham &amp; Cheese Wrap Baked Fries Green Beans Fresh Tomato Wedges Craisins or Fresh Fruit</p>	<p><b>14</b> Hamburger on a Bun Chicken Nuggets w/WG Brd. Turkey &amp; Cheese Wrap Baked Fries Green Beans Garden Salad Fresh Fruit or Juice</p>	<p><b>15</b> Hot Dog on a Bun Chick.Nuggets w/WG Brd. Chicken Caesar Salad w/WG Crackers Steamed Carrots Garden Salad Applesauce or Fresh Fruit</p>	<p><b>16</b> Nacho Platter Cheeseburger All American Chef Salad w/WG Crackers Steamed Rice Vegetarian Beans Mixed Berry Cup or Juice</p>	<p><b>17</b> Grilled Cheese Sand. Cheese Pizza Popcorn Chicken Salad w/WG Crackers Steamed Broccoli Fresh Baby Carrots Diced Peaches or Fresh Fruit</p>	
<p><b>20</b></p> <p><b>Martin Luther King Jr Birthday</b></p>	<p><b>21</b> Cheeseburger Chicken Patty Sandwich Turkey Sandwich Baked Tater Tots Green Beans Garden Salad Fresh Fruit or Juice</p>	<p><b>22</b> Philly Cheesesteak Chicken Nuggets w/WG Brd. Ham &amp; Cheese Sandwich Baked Fries Seasoned Peas Garden Salad Diced Pears or Fresh Fruit</p>	<p><b>23</b> Pork BBQ on a Bun Chicken Nuggets w/WG Brd. Ranch Chicken Salad w/WG Crackers Baked Tater Tots Fresh Baby Carrots Diced Peaches or Juice</p>	<p><b>24</b> Chicken Patty Sandwich Pepperoni Pizza Chick.Caesar Salad w/WG Crackers Baked Tater Tots Garden Salad Applesauce or Fresh Fruit</p>	
<p><b>27</b> Chicken Tenders w/WG Brd. Cheeseburger Ham Chef Salad w/WG Crackers Sweet Golden Corn Fresh Tomato Wedges Applesauce or Fresh Fruit</p>	<p><b>28</b> Pizza Burger Chicken Patty Sandwich Ham &amp; Cheese Sandwich Sweet Peas Baked Fries Fresh Cucumber Slices Craisins or Juice</p>	<p><b>29</b> Traveling Tacos Chicken Nuggets w/WG Brd. Turkey &amp; Cheese Sandwich Steamed Rice Vegetarian Beans Garden Salad Diced Peaches or Fresh Fruit</p>	<p><b>30</b> Hot Dog on a Bun Chick.Nuggets w/WG Bread Ham &amp; Cheese Sandwich Baked Fries Vegetarian Baked Beans Fresh Celery Sticks Fresh Fruit or Juice</p>	<p><b>31</b> Mozz.Cheese Sticks w/Marinara Sauce Cheese Pizza Chicken Caesar Salad w/WG Crackers Steamed Carrots Garden Salad Mixed Frt.Cup or Fr.Fruit</p>	

**HEALTHY FOR LIFE**

