

2019

# October

## Riverside Elementary East Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> BBQ Rib Sandwich Chicken Nuggets w/WG Brd. Chicken Caesar Salad w/WG Crkrs. Seasoned Green Beans Garden Salad Fresh Fruit or Juice	<b>2</b> Fish Sticks w/WG Brd. Chicken Nuggets w/WG Brd. Turkey & Cheese Sandwich Baked Fries Sweet Peas Celery Sticks Fresh Fruit or Diced Pears	<b>3</b> Traveling Taco Bacon Cheeseburger All American Chef Salad w/WG Crackers Vegetarian Baked Beans Garden Salad Fresh Fruit or Fruit Juice	<b>4</b> Chicken Patty Sandwich Pepperoni Pizza Popcorn Chicken Salad w/WG Crackers Steamed Broccoli Baked Fries Fresh Fruit or Applesauce
<b>7</b> Cheeseburger Chicken Parmesan Sand. Chicken Caesar Salad w/WG Crkrs. Baked Fries Green Beans Garden Salad Fresh Fruit or Mixed Frt.Cup	<b>8</b> Chick,Mashed Potato Bowl Mozzarella Sticks w/Marin. Turkey Sandwich Mashed Potatoes Sweet Golden Corn Garden Salad Fresh Fruit or Juice	<b>9</b> Pasta w/Meatballs Chick.Nuggets w/WG Bread Ham & Cheese Sandwich Baked Fries Seasoned Carrots Cucumber & Tomato Salad Straw.Cup or Fr.Fruit	<b>10</b> Hot Dog on a Bun Chicken Nuggets w/WG Brd. Ranch Chicken Salad w/WG Crackers Vegetarian Beans Seasoned Peas Fresh Baby Carrots Fresh Fruit or Juice	<b>11</b> Sausage Pizza Chicken Patty Sandwich Ham & Ch.Wrap Baked Fries Steamed Carrots Red Pepper Slices Fresh Fruit or Applesauce
<b>14</b> <b>COLUMBUS DAY</b>	<b>15</b> Chicken Patty Sandwich Salisbury Steak Ham & Cheese Sandwich Green Beans Parsley Noodles Fresh Red Pepper Slices Fresh Fruit or Juice	<b>16</b> General Tso Chicken Hot Dogs on a Bun Chicken Caesar Salad w/WG Crackers. Steamed Broccoli Steamed Rice Celery Sticks Fresh Fruit or Applesauce	<b>17</b> Traveling Taco Chick.Nuggets w/WG Brd. Ham & Cheese Wrap Baked Tater Tots Seasoned Peas Garden Salad Fresh Fruit or Juice	<b>18</b> Chicken Patty Sandwich Cheese Pizza Turkey & Cheese Wrap Steamed Broccoli Baked Fries Fresh Cucumber Slices Fresh Fruit or Diced Pears
<b>21</b> French Tst.Stks. w/Sausage Grilled Cheese Sandwich Ham & Cheese Wrap Baked Tater Tots Seasoned Peas Fresh Broccoli Peach Cup or Fresh Fruit	<b>22</b> Fish Sticks w/WG Brd. Chicken Patty Sandwich Turkey Chef Salad w/WG Crackers Vegetarian Beans Golden Corn Garden Salad Fresh Fruit or Juice	<b>23</b> BBQ Rib Sandwich Chicken Patty Sandwich Turkey & Cheese Sandwich Baked Tater Tots Green Beans Garden Salad Fresh Fruit or Mixed Frt.Cup	<b>24</b> Meatball Sub Chicken Nuggets Chick.Caesar Sa w/WG Crkrs Baked Fries Steamed Broccoli Fresh Celery Sticks Fresh Fruit or Juice	<b>25</b> Chicken Patty Sandwich Pepperoni Pizza Ham & Cheese Wrap Baked Fries Orange Glazed Carrots Cucumber & Tomato Salad Fresh Fruit or Applesauce
<b>28</b> Philly Cheesesteak Chicken Patty Sandwich Ham & Cheese Sandwich Seasoned Peas Baked Fries Fresh Broccoli Fresh Fruit or Diced Pears	<b>29</b> Chick.Tenders w/WG Brd. Hot Dog on a Bun Turk,Chef Salad w/WG Crkrs. Green Beans Baked Fries Garden Salad Fresh Fruit or Juice	<b>30</b> Traveling Taco Chicken Nuggets w/WG Brd Ham & Cheese Wrap Baked Tater Tots Steamed Carrots Celery Sticks Fresh Fruit or Diced Peaches	<b>31</b> ACT 80 Day Early Dismissal Bag Lunches Available Order by 10/25/19 Breakfast Available <b>HAPPY HALLOWEEN</b>	<b>Prices:</b> <b>Free</b>

**More Info... Offered Daily:**

- Fresh Fruit Or Juice
- Fresh Vegetables
- 1% Milk
- Skim Milk
- Chocolate Skim Milk
- All Breads, Rolls, Pasta and Pizza Dough is Whole Grain

**Students must pick at least one serving of fruit or vegetable with their meal**

**Sunbutter Sandwiches Available Daily as a Choice**

Menus are subject to change without notice.