

Energy

2018

November

Riverside Elementary East Lunch Menu



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<p>Prices: Paid Lunch \$2.30 Reduced \$.40 Free \$.0</p>						<p>1 Hot Dog on a Bun Chick.Nuggets w/WG Brd Brd.Buffalo Chicken Salad Sweet Peas Baked Tater Tots Fresh Celery Sticks Applesauce or Juice</p>		<p>2 Chicken Patty Sand. Cheese Pizza Ham & Cheese Sandwich Baked Fries Garden Salad Peach Cup or Fresh Fruit</p>		<p>More Info... <u>Available Daily</u></p> <p>Fresh Fruit Or Juice</p> <p>Fresh Vegetables</p> <p>1% Milk Skim Milk Chocolate Skim Milk</p> <p>All Breads, Rolls, Pasta and Pizza Dough are Whole Grain</p> <p>Students must pick at least one serving of fruit or vegetable with their meal</p>
<p>5 Mozz.Ch.Sticks w/Marinara Chicken Patty Sandwich Ham & Cheese Sandwich Cin.Sweet Potatoes Seasoned Peas Fresh Broccoli Mixed Fruit Cup or Fresh Fruit</p>		<p>6 Pasta w/Meatballs Hot Dog on a Bun Chicken Caesar Wrap Green Beans Red Pepper Slices Diced Pears or Juice</p>		<p>7 BBQ Rib Sandwich Chicken Nuggets w/WG Brd. Turkey & Cheese Sandwich Steamed Carrots Garden Salad Peach Slices or Fresh Fruit</p>		<p>8 Beef Nacho Platter Cheeseburger on a Bun All Amer.Chef Salad w/WG Crackers Steamed Rice Vegetarian Baked Beans Garden Salad Fresh Fruit or Juice</p>		<p>9 Meatball Sub Chicken Patty Sandwich Turkey & Ham Sandwich Seasoned Green Beans Baby Carrots Applesauce or Fresh Fruit</p>		
<p>12 VETERAN'S DAY</p>		<p>13 Cheeseburger on a Bun Chick.Mash.Potato Bowl Turkey Sandwich Mashed Potatoes Sweet Golden Corn Garden Salad Blueberries w/Whip Topping or Juice</p>		<p>14 Hot Dog on a Bun Chicken Nuggets w/WG Brd. Ham & Cheese Sandwich Vegetarian Baked Beans Orange Glazed Carrots Fresh Celery Sticks Diced Peaches or Fresh Fruit</p>		<p>15 Salisbury Steak w/Gravy Chicken Nuggest w/WG Brd. Ham & Cheese Sandwich Parslied Noodles Green Beans Fresh Baby Carrots Peach Slices or Juice</p>		<p>16 Chicken Patty Sandwich Cheese Pizza Chicken Caesar Wrap Baked Fries Steamed Broccoli Garden Salad Diced Pears Fresh Fruit</p>		
<p>19 Mozzarella Cheese Sticks w/Marinara Sauce Cheeseburger on a Bun Chicken Chef Salad w/WG Crackers Sweet Golden Corn Garden Salad Peach Cup or Fresh Fruit</p>		<p>20 HOLIDAY MEAL Roast Turkey w/Dressing Candied Sweet Potatoes Green Beans/Cran.Sce. Pumkin Pie w/Whip Topp. Hot Dog on a Bun Fresh Fruit or Juice</p>		<p>21 Early Dismissal Breakfast Available Bag Lunch Available Please Order Accordingly</p>		<p>22 HAPPY THANKSGIVING</p>		<p>23 NO SCHOOL</p>		
<p>26 NO SCHOOL</p>		<p>27 Early Dismissal Breakfast Available Bag Lunch Available Please Order Accordingly</p>		<p>28 Early Dismissal Breakfast Available Bag Lunch Available Please Order Accordingly</p>		<p>29 Hot Dog on a Bun Chicken Patty Sandwich Popcorn Chicken Salad w/WG Crackers Vegetarian Baked Beans Fresh Baby Carrots Blueberries wWhip Topping or Juice</p>		<p>30 Hamburger on a Bun Cheese Pizza Turkey & Cheese Wrap Baked Fries Seasoned Peas Garden Salad Peach Cup or Fresh Fruit</p>		

Menus are subject to change without notice.

HEALTHY FOR LIFE

