

Energy

2019

November

Riverside Elementary East Lunch Menu



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
<p>Prices:</p> <p>FREE</p>								<p>1 Chicken Patty Sand. Cheese Pizza Ham & Cheese Sandwich Baked Fries Garden Salad Blueberries w/Whip Topping or Fresh Fruit</p>		<p>More Info... Available Daily</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>Sunbutter Sandwiches Available Daily as a Choice</p>
<p>4 Cheese Brd.Sticks w/Marinara Chicken Patty Sandwich Ham & Cheese Sandwich Baked Fries Seasoned Peas Baby Carrots Mixed Fruit Cup or Fresh Fruit</p>		<p>5 Ham & Ch. On Pretzel Roll Hot Dog on a Bun Chicken Caesar Wrap Baked Tater Tots Green Beans Red Pepper Slices Diced Pears or Juice</p>		<p>6 BBQ Rib Sandwich Chicken Nuggets w/WG Brd. Turkey & Cheese Sandwich Mixed Vegetables Garden Salad Diced Peaches or Fresh Fruit</p>		<p>7 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>8 Meatball Sub Chicken Patty Sandwich Turkey & Ham Sandwich Sweet Peas Fresh Broccoli Applesauce or Fresh Fruit</p>		
<p>11</p> <p>VETERAN'S DAY</p>		<p>12 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>13 Hot Dog on a Bun Chicken Nuggets w/WG Brd. Ham & Cheese Sandwich Vegetarian Baked Beans Orange Glazed Carrots Fresh Celery Sticks Mixed Fruit Cup or Fresh Fruit</p>		<p>14 Roasted Chicken Chicken Nuggest w/WG Brd. Ham & Cheese Sandwich Parslied Noodles Green Beans Fresh Baby Carrots Peach Slices or Juice</p>		<p>15 Chicken Patty Sandwich Cheese Pizza Chicken Caesar Wrap Baked Fries Mixed Vegetables Garden Salad Diced Pears Fresh Fruit</p>		
<p>18 Cheeseburger on a Bun Chicken Nuggets w/WG Brd. Chicken Chef Salad w/WG Crackers Sweet Golden Corn Garden Salad Straw.Cup or Fresh Fruit</p>		<p>19 HOLIDAY MEAL Roast Turkey w/Dressing Mashed Potatoes w/Gravy Green Beans/Cran.Sce. Pumkin Pie w/Whip Topp. Hot Dog on a Bun Fresh Fruit or Juice</p>		<p>20 Hot Dog on a Bun Chicken Patty Sandwich Popcorn Chicken Salad w/WG Crackers Vegetarian Baked Beans Fresh Baby Carrots Blueberries w/Whip Topping</p>		<p>21 Early Dismissal</p> <p>Breakfast Available</p> <p>Bag Lunch Available Please Order Accordingly</p>		<p>22 Early Dismissal</p> <p>Breakfast Available</p> <p>Bag Lunch Available Please Order Accordingly</p>		
<p>25 Hamburger on a Bun Cheese Pizza Turkey & Cheese Wrap Baked Fries Seasoned Peas Garden Salad Mixed Fruit Cup or Fresh</p>		<p>26 Fish Sticks w/WG Brd. Chicken Patty Sandwich Ham & Cheese Sandwich Mixed Vegetables Baked Tater Tots Fresh Baby Carrots Fresh Fruit or Juice</p>		<p>27 Early Dismissal</p> <p>Breakfast Available</p> <p>Bag Lunch Available Please Order Accordingly</p>		<p>28</p> <p>HAPPY THANKSGIVING</p>		<p>29</p> <p>NO SCHOOL</p>		

Menus are subject to change without notice.

HEALTHY FOR LIFE

