





2020

# January

## Riverside Elementary West Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p><b>More Info...</b></p> <p><b><u>Offered Daily</u></b>  <b>Fresh Fruit</b>  <b>Or Juice</b></p> <p><b>Fresh Vegetables</b></p> <p><b>1% Milk</b>  <b>Skim Milk</b>  <b>Chocolate Skim Milk</b></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            Hamburger            Ham &amp; Cheese Sandwich            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            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            Hamburger            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 Crackrers            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            Hamburger            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> Philly Cheese Steak            Chicken Nuggets w/WG Brd.            Turkey Sandwich            Baked Tater Tots            Green Beans            Garden Salad            Fresh Fruit or Juice</p>	<p><b>22</b> Hamburger            Chicken Patty Sandwich            Ham &amp; Cheese Sandwich            Baked Fries            Seasoned Peas            Garden Salad            Diced Pears or Fresh Fruit</p>	<p><b>23</b> Hot Dog 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.            Hamburger            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**

