

2019

October



Riverside Elementary West Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	1 BBQ Rib Sandwich Chicken.Nuggets w/WG Brd. Chicken Caesar Salad w/WG Crkrs. Seasoned Green Beans Garden Salad Fresh Fruit or Juice	2 Fish Sticks w/WG Brd. Chicken Nuggets w/WG Brd. Turkey & Cheese Sandwich Baked Fries Sweet Peas Celery Sticks Fresh Fruit or Diced Pears	3 Traveling Taco Chicken Patty Sandwich All American Chef Salad w/WG Crackers Vegetarian Baked Beans Garden Salad Fresh Fruit or Fruit Juice	4 Hamburger Pepperoni Pizza Popcorn Chicken Salad w/WG Crackers Steamed Broccoli Baked Fries Fresh Fruit or Applesauce	<p>More Info... Offered Daily:</p> <p>Fresh Fruit Or Juice</p> <p>Fresh Vegetables</p> <p>1% Milk</p> <p>Skim Milk</p> <p>Chocolate Skim Milk</p> <p>All Breads, Rolls, Pasta and Pizza Dough is Whole Grain</p> <p>Students must pick at least one serving of fruit or vegetable with their meal</p>
7 Cheeseburger Chicken Parmesan Sand. Chicken Caesar Salad w/WG Crkrs. Baked Fries Green Beans Garden Salad Fresh Fruit or Mixed Frt.Cup	8 Chicken Nuggets w/WG Brd. Cheeseburger Turkey Sandwich Mashed Potatoes Sweet Golden Corn Garden Salad Fresh Fruit or Juice	9 Meatball Sub Chick.Nuggets w/WG Bread Ham & Cheese Sandwich Baked Fries Seasoned Carrots Cucumber & Tomato Salad Straw.Cups or Fr.Fruit	10 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	11 Mozz.Sticks w/Marinara Chicken Patty Sandwich Ham & Ch.Wrap Baked Fries Steamed Carrots Red Pepper Slices Fresh Fruit or Applesauce	
14 COLUMBUS DAY	15 Chicken Patty Sandwich Salisbury Steak Ham & Cheese Sandwich Green Beans Parsley Noodles Fresh Red Pepper Slices Fresh Fruit or Juice	16 Popcorn Chicken w/WG Brd. Hot Dogs on a Bun Chicken Caesar Salad w/WG Crackers. Steamed Broccoli Steamed Rice Celery Sticks Fresh Fruit or Applesauce	17 Traveling Taco Chick.Nuggets w/WG Brd. Ham & Cheese Wrap Baked Tater Tots Seasoned Peas Garden Salad Fresh Fruit or Juice	18 Chicken Patty Sandwich Cheese Pizza Turkey & Cheese Wrap Steamed Broccoli Baked Fries Fresh Cucumber Slices Fresh Fruit or Diced Pears	
21 French Tst.Stks. w/Sausage Grilled Cheese Sandwich Ham & Cheese Wrap Baked Tater Tots Seasoned Peas Fresh Broccoli Fresh Fruit or Peach Cup	22 Fish Sticks w/WG Brd. Chicken Patty Sandwich Turkey Chef Salad w/WG Crackers Vegetarian Beans Golden Corn Garden Salad Fresh Fruit or Juice	23 BBQ Rib Sandwich Chicken Patty Sandwich Turkey & Cheese Sandwich Baked Tater Tots Green Beans Garden Salad Fresh Fruit or Mixed Frt.Cup	24 Meatball Sub Chicken Nuggets w/WG Brd. Chick.Caesar Sa w/WG Crkrs Baked Fries Steamed Broccoli Fresh Celery Sticks Fresh Fruit or Juice	25 Chicken Patty Sandwich Pepperoni Pizza Ham & Cheese Wrap Baked Fries Orange Glazed Carrots Cucumber & Tomato Salad Applesauce or Fresh Fruit	
28 Philly Cheesesteak Chicken Patty Sandwich Ham & Cheese Sandwich Seasoned Peas Baked Fries Fresh Broccoli Fresh Fruit or Diced Pears	29 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	30 Traveling Taco Chicken Nuggets w/WG Brd Ham & Cheese Wrap Baked Tater Tots Steamed Carrots Celery Sticks Fresh Fruit or Diced Peaches	31 ACT 80 Day Early Dismissal Bag Lunches Available Order by 10/25/19 Breakfast Available HAPPY HALLOWEEN	Prices: Free	

Healthy For Life



Menus are subject to change without notice.