

**Energy**

**2018**

# November

## Riverside Elementary West Lunch Menu



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

Menus are subject to change without notice.

**HEALTHY FOR LIFE**

