



2019

DECEMBER

Riverside Elementary West Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>NO SCHOOL</p>	<p>3 Hamburger on a Bun Chick. Nuggets w/WG Brd. Popcorn Chicken Salad w/WG Crackers Baked Fries Green Beans Red Pepper Slices</p>	<p>4 Meatball Sub Chicken Nugg. w/WG Bread Turkey & Cheese Sand. Sweet Green Peas Baked Tater Tots Garden Salad Mixed Berry Cup or Fr. Fruit</p>	<p>5 Nacho Platter Chick. Nuggets w/WG Brd. Chicken Caesar Salad w/WG Crackers Vegetarian Baked Beans Steamed Rice Fresh Celery Sticks Mixed Fruit Cup or Juice</p>	<p>6 Hot Dog on a Bun Pepperoni Pizza Ham & Cheese Wrap Baked Tater Tots Golden Corn Cucumber & Tomato Salad Applesauce or Fresh Fruit</p>
<p>9 Chicken Patty Sandwich Mozz. Sticks w/Marinara Ham & Cheese Sandwich Baked Fries Seasoned Peas Fresh Broccoli Diced Pears or Fresh Fruit</p>	<p>10 Hot Dog on a Bun Chicken Nuggets w/WG Brd. Chicken Caesar Salad w/WG Crackers Baked Fries Green Beans Tossed Salad Applesauce or Juice</p>	<p>11 Fish Sticks w/WG Brd. Chicken Nuggets w/WG Brd. Ham & Cheese Wrap Baked Fries Steamed Carrots Garden Salad Mixed Fruit Cup or Fresh Fruit</p>	<p>12 Walking Taco Hamburger on a Bun All American Chef Salad w/WG Crackers Steamed Rice Fresh Celery Sticks Fresh Fruit or Juice</p>	<p>13 Hot Dog on a Bun Cheese Pizza Turkey & Cheese Sand. Baked Tater Tots Seasoned Peas Fresh Baby Carrots Diced Peaches or Fresh Fruit</p>
<p>16 Pizza Burger Chicken Patty Sand. Ham & Turkey Sandwich Baked Tater Tots Steamed Broccoli Garden Salad Applesauce or Fresh Fruit</p>	<p>17 Hamburger on a Bun Chick. Nuggets w/WG Brd. Turkey & Cheese Sandwich Baked Fries Sweet Corn Fresh Cucumber Slices Fresh Fruit or Juice</p>	<p>18 BBQ Rib Sandwich Chicken Nugg. w/Wg Brd. Ham & Cheese Sandwich Baked Tater Tots Green Beans Fresh Celery Sticks Diced Pears or Juice</p>	<p>19 Ham & Ch. on Pretzel Roll Chicken Patty Sandwich Ranch Chicken Salad w/WG Crackers Vegetarian Beans Fresh Baby Carrots Mixed Fruit or Juice</p>	<p>20 Hot Dog on a Bun Cheese Pizza Ham & Ch. Wrap Baked Fries Sweet Peas Fresh Broccoli Fresh Fruit or Juice</p>
<p>23</p>	<p>24</p>	<p>25</p>	<p>26</p> <p><u>Lunch Prices</u> Free</p>	<p>27</p>

More Info...

Offered Daily

**Fresh Fruit
Or Juice**

**Fresh
Vegetables**

**1% Milk
Skim Milk
Chocolate Skim
Milk**

**All Breads,
Rolls, Pasta and
Pizza Dough is
Whole Grain**

**Students must
pick at least one
serving of fruit
or
vegetable with
their meal**

Menus are subject to change without notice.

HEALTHY FOR LIFE

