



2019

# January

## Riverside Elementary East Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <p><b>HAPPY NEW YEAR</b></p>	<p><b>2</b> Mozz.Sticks w/Marinara Chicken Patty Sandwich Ham,Turk,Cheese Sand. Seasoned Peas Fresh Baby Carrots Applesauce or Fresh Fruit</p>	<p><b>3</b> Nacho Platter Cheeseburger Popcorn Chicken Salad w/WG Crackers Vegetarian Baked Beans Steamed Rice Diced Peaches or Juice</p>	<p><b>4</b> Hot Dog on a Bun Cheese Pizza Turkey &amp; Cheese Wrap Baked Tater Tots Steamed Broccoli Garden Salad Mixed Fruit Cup or Fresh Fruit</p>
<p><b>7</b> French Tst Sticks w/Sausage Chicken Patty Sandwich Ham Chef Salad w/WG Crkr Baked Tater Tots Fresh Broccoli Applesauce or Fresh Fruit</p>	<p><b>8</b> Fish Sticks w/WG Bread Cheeseburger Ham &amp; Cheese Sandwich Orange Glazed Carrots Red Pepper Slices Fresh Fruit or Juice</p>	<p><b>9</b> Salisbury Steak w/Gravy Chick.Nuggets w/WG Brd. Turkey &amp; Cheese Sandwich Parslied Noodles Green Beans Garden Salad Peach Cups or Fresh Fruit</p>	<p><b>10</b> BBQ Rib Sandwich Chicken Nuggets w/WG Brd. Chicken Caesar Salad w/WG Crackers Vegetarian Baked Beans Fresh Celery Sticks Blueberries w/Whipped Topping or Juice</p>	<p><b>11</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>14</b> Meatball Sub Chick Nuggets w/WG Brd. Ham &amp; Cheese Wrap Baked Fries Fresh Tomato Wedges Strawberry Cup or Fresh Fruit</p>	<p><b>15</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>16</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>17</b> Nacho Platter Cheeseburger All American Chef Salad w/WG Crackers Steamed Rice Vegetarian Beans Blueberries w/Whipped Cream or Juice</p>	<p><b>18</b> Grilled Cheese Sand. Cheese Pizza Popcorn Chicken Salad w/WG Crackers Steamed Broccoli Fresh Baby Carrots Sliced Peaches or Fresh Fruit</p>
<p><b>21</b></p> <p><b>Martin Luther King Jr Birthday</b></p>	<p><b>22</b> Cheeseburger Chicken Patty Sandwich Turkey Sandwich Baked Tater Tots Green Beans Garden Salad Fresh Fruit or Juice</p>	<p><b>23</b> Philly Cheesesteak Chicken Nuggets w/WG Brd. Ham &amp; Cheese Sandwich Seasoned Peas Garden Salad Diced Pears or Fresh Fruit</p>	<p><b>24</b> Pork BBQ 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>25</b> Chicken Patty Sandwich Pepperoni Pizza Chick.Caesar Salad w/WG Crackers Baked Tater Tots Garden Salad Applesauce or Fresh Fruit</p>
<p><b>28</b> Chicken Fajita Cheeseburger Ham Chef Salad w/WG Crackers Sweet Golden Corn Fresh Tomato Wedges Applesauce or Fresh Fruit</p>	<p><b>29</b> Pizza Burger Chicken Patty Sandwich Ham &amp; Cheese Sandwich Sweet Peas Baked Fries Fresh Cucumber Slices Peach Cup or Juice</p>	<p><b>30</b> Tacos Chicken Nuggets w/WG Brd. Turkey &amp; Cheese Sandwich Steamed Rice Vegetarian Beans Garden Salad Sliced Peaches or Fresh Fruit</p>	<p><b>31</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>	

### 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**

**PRICES:**  
Free  
Reduced - \$.40  
Paid - \$2.30

Menus are subject to change without notice.