





2019

January

Riverside Elementary West Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	<p>1</p> <p>HAPPY NEW YEAR</p>	<p>2 Mozz.Sticks w/Marinara Chicken Patty Sandwich Ham,Turk,Cheese Sand. Seasoned Peas Fresh Baby Carrots Applesauce or Fresh Fruit</p>	<p>3 Nacho Platter Cheeseburger Popcorn Chicken Salad w/WG Crackers Vegetarian Baked Beans Steamed Rice Diced Peaches or Juice</p>	<p>4 Hot Dog on a Bun Cheese Pizza Turkey & Cheese Wrap Baked Tater Tots Steamed Broccoli Garden Salad Mixed Fruit Cup or Fresh Fruit</p>	<p>More Info...</p> <p><u>Offered Daily</u> Fresh Fruit Or Juice</p> <p>Fresh Vegetables</p> <p>1% Milk Skim Milk 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> <p>PRICES: Free Reduced - \$.40 Paid - \$2.30</p>
<p>7 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>8 Fish Sticks w/WG Bread Cheeseburger Ham & Cheese Sandwich Orange Glazed Carrots Red Pepper Slices Fresh Fruit or Juice</p>	<p>9 Salisbury Steak w/Gravy Chick.Nuggets w/WG Brd. Turkey & Cheese Sandwich Parslied Noodles Green Beans Garden Salad Peach Cups or Fresh Fruit</p>	<p>10 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>11 Hot Dog on a Bun Pepperoni Pizza Ham & Cheese Wrap Steamed Broccoli Fresh Baby Carrots Mixed Fruit Cup or Fresh Fruit</p>	
<p>14 Meatball Sub Chick Nuggets w/WG Brd. Ham & Cheese Wrap Baked Fries Fresh Tomato Wedges Strawberry Cup or Fresh Fruit</p>	<p>15 Hamburger on a Bun Chicken Nuggets w/WG Brd. Turkey & Cheese Wrap Baked Fries Green Beans Garden Salad Fresh Fruit or Juice</p>	<p>16 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>17 Nacho Platter Cheeseburger All American Chef Salad w/WG Crackers Steamed Rice Vegetarian Beans Blueberries w/Whipped Cream or Juice</p>	<p>18 Grilled Cheese Sand. Cheese Pizza Popcorn Chicken Salad w/WG Crackers Steamed Broccoli Fresh Baby Carrots Sliced Peaches or Fresh Fruit</p>	
<p>21</p> <p>Martin Luther King Jr Birthday</p>	<p>22 Cheeseburger Chicken Patty Sandwich Turkey Sandwich Baked Tater Tots Green Beans Garden Salad Fresh Fruit or Juice</p>	<p>23 Philly Cheesesteak Chicken Nuggets w/WG Brd. Ham & Cheese Sandwich Seasoned Peas Garden Salad Diced Pears or Fresh Fruit</p>	<p>24 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>25 Chicken Patty Sandwich Pepperoni Pizza Chick.Caesar Salad w/WG Crackers Baked Tater Tots Garden Salad Applesauce or Fresh Fruit</p>	
<p>28 Chicken Fajita Cheeseburger Ham Chef Salad w/WG Crackers Sweet Golden Corn Fresh Tomato Wedges Applesauce or Fresh Fruit</p>	<p>29 Pizza Burger Chicken Patty Sandwich Ham & Cheese Sandwich Sweet Peas Baked Fries Fresh Cucumber Slices Peach Cup or Juice</p>	<p>30 Tacos Chicken Nuggets w/WG Brd. Turkey & Cheese Sandwich Steamed Rice Vegetarian Beans Garden Salad Sliced Peaches or Fresh Fruit</p>	<p>31 Hot Dog on a Bun Chick.Nuggets w/WG Bread Ham & Cheese Sandwich Baked Fries Vegetarian Baked Beans Fresh Celery Sticks Fresh Fruit or Juice</p>		

HEALTHY FOR LIFE



Menus are subject to change without notice.