




2019

# February

Healthy For Life

**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**

			<p><b>PRICES:</b>  <b>Free: If you qualify</b>  <b>Reduced - \$40</b>  <b>Paid - \$2.30</b></p>	<p><b>1</b> Cheese Pizza          Chicken Patty Sandwich          Ham Chef Salad w/WG          Crackers          Baked Fries          Sweet Peas          Fresh Baby Carrots          Diced Pears or Juice</p>
<p><b>4</b> Meatball Sub          Chick.Nuggets w/WG Brd.          Ham,Turk.Cheese Wrap          Baked Tater Tots          Seasoned Peas          Fresh Tomato Wedges          Fresh Fruit or Fruit Juice</p>	<p><b>5</b> Mozz.Sticks w/Marinara          Chicken Patty Sandwich          All Amer.Cobb Salad w/Crkers          Baked Tater Tots          Golden Corn          Cucumber &amp; Tomato Salad          Peach Cup or Juice</p>	<p><b>6</b> Grilled Cheese on Pretzel Roll          Chicken Nuggets w/WG Brd.          Chick.Caesar Sal.w/WG Crkrs.          Campfire Beans          Steamed Carrots          Fresh Celery Sticks          Fresh Fruit or Juice</p>	<p><b>7</b> French Tst.Sticks w/Saus.          Hamburger on a Bun          Chick.Caesar Sal.w/WG          Crkrs          Baked Tater Tots          Fresh Broccoli          Applesauce or Juice</p>	<p><b>8</b> Hot Dog on a Bun          Pepperoni Pizza          Ham &amp; Ch.Sandwich          Baked Fries          Seas.Green Beans          Sliced Red Pepper          Diced Peaches or Juice</p>
<p><b>11</b>      <b>PARENT</b>  <b>CONFERENCES</b>  <b>Early Dismissal</b>  <b>Breakfast Available</b>  <b>Bag Lunch Available</b>  <b>Order by 2/1/19</b></p>	<p><b>12</b>      <b>PARENT</b>  <b>CONFERENCES</b>  <b>Early Dismissal</b>  <b>Breakfast Available</b>  <b>Bag Lunch Available</b>  <b>Order by 2/1/19</b></p>	<p><b>13</b> Fish Sticks w/WG Bread          Chicken Nuggets w/WG Brd.          Turk. &amp; Cheese Sandwich          Cinnamon Sweet Potatoes          Sweet Peas          Garden Salad          Fresh Fruit or Juice</p>	<p><b>14</b> Philly Cheesesteak          Chick.Nuggets w/WG Brd.          Brd.Buffalo Chicken Salad          Vegetarian Baked Beans          Fresh Celery Sticks          Blueberries w/Whip Topping          or Fruit Juice  <b>VALENTINE'S DAY</b></p>	<p><b>15</b> Hot Dog on a Bun          Cheese Pizza          Ham &amp; Cheese Wrap          Baked Tater Tots          Green Beans          Baby Carrots          Fresh Fruit or Juice</p>
<p><b>18</b>  <b>President's Day</b></p>	<p><b>19</b> Cheeseburger on a Bun          Chicken Nuggets w/WG Brd.          Chicken Caesar Salad w/Crkers          Campfire Beans          Seasoned Green Beans          Garden Salad          Diced Peaches or Fruit Juice</p>	<p><b>20</b> BBQ Pork Sandwich          Chicken Nuggets w/WG Brd.          Ranch Chick.Sal w/WG Crkrs          Baked Tater Tots          Steamed Carrots          Fresh Broccoli          Fresh Fruit or Juice</p>	<p><b>21</b> Nacho Platter          Hot Dog on a Bun          All Amer.Chef Salad w/WG          Crackers          Steamed Rice          Vegetarian Baked Beans          Garden Salad          Fresh Fruit or Juice</p>	<p><b>22</b> Chicken Patty Sandwich          Cheese Pizza          Ham &amp; Ch.Sandwich          Baked Tater Tots          Golden Corn          Garden Salad          Blueberries w/Whip Topping          or Juice</p>
<p><b>25</b> Chicken Patty Sandwich          Hot Dog on a Bun          Ham &amp; Cheese Sandwich          Baked Tater Tots          Sweet Peas          Fresh Tomato Wedges          Mixed Fruit Cup or Juice</p>	<p><b>26</b> French Tst.Sticks w/Sausage          BBQ Rib Sandwich.          Turkey &amp; Cheese Wrap          Baked Tater Tots          Fresh Cucumber Slices          Applesauce or Juice</p>	<p><b>27</b> Grilled Cheese Sandwich          Chick. Nuggets w/WG Brd.          Ham &amp; Cheese Wrap          Tomato Soup          Baked Tater Tots          Fresh Celery Sticks          Fresh Fruit or Juice</p>	<p><b>28</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>	<p><b>BAGGED LUNCHES</b>  <b>11th- Chicken Patty Sand.</b> Fresh Apple, SunChips, Choice of Milk  <b>12th-Stf.Pretzel w/Cheese,</b> Fresh Apple, SunChips, Choice of Milk</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

In accordance with  
 Federal law and US  
 Dept of Agriculture  
 (USDA) civil rights  
 regulations and  
 policies, this  
 institution is  
 prohibited from  
 discriminating on  
 the basis of race,  
 color, national  
 origin, sex, age,  
 disability, and  
 reprisal or  
 retaliation for prior  
 civil rights activity.

Menus are subject to change without notice.

## Riverside Elementary West Lunch Menu

