



JANUARY 2018

Riverside Jr./Sr. High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HAPPY NEW YEAR	2 Mozz. Sticks w/Marinara Meatlover's Pizza Brd.Chick.Caesar Salad w/WG Crackers Seasoned Peas Fresh Baby Carrots Fresh Fruit or juice	3 Pulled Pork Tacos Buffalo Chicken Pizza Brd.Chick.Caesar Salad w/WG Crackers Baked Fries Fresh Celery Sticks Diced Pears or Juice	4 Nacho Platter Buffalo Chicken Pizza Popcorn Chicken Salad Vegetarian Baked Beans Steamed Rice Fresh Tomato Wedges Diced Peaches or Juice	5 Chicken Tenders w/WG Brd. White Pizza All American Chef Salad w/WG Crackers Steamed Broccoli Baked Tater Tots Garden Salad Mixed Fruit Cup or Juice
8 French Tst.Sticks w/Sausage Sausage & Pepper Pizza Brd.Chick.Caesar Salad w/WG Crackers Baked Tater Tots Golden Corn Fresh Broccoli Applesauce or Juice	9 Fish Sticks w/WG Bread Buffalo Chicken Pizza Turkey Chef Salad w/WG Crackers Baked Fries Green Beans Red Pepper Slices Fresh Fruit or Juice	10 Hot Rst.Turkey Sand w/Grvy Bacon Ranch Pizza Brd.Chick.Caesar Salad w/WG Crackers Mashed Potatoes Orange Glazed Carrots Garden Salad Peach Cup or Juice	11 Chick.Fajita w/Pep.& Onion Buffalo Chicken Pizza Brd.Chick.Caesar Sal w/WG Crackers Vegetarian Baked Beans Seasoned Peas Fresh Celery Sticks Blueb. w/Whip.Top or Juice	12 Swt.& Sour Popcorn Chick. White Pizza All American Chef Salad w/WG Crackers Steamed Broccoli Brown Rice Garden Salad Diced Pears or Juice
15 MARTIN LUTHER KING JR. DAY	16 Boneless Wing Bites Meatlover's Pizza Chicken Caesar Salad w/WG Crackers Green Beans Fresh Celery Sticks Fresh Fruit or Juice	17 Hot Ham & Ch./Pretzel Roll Buffalo Chicken Pizza Amer.Chef Salad w/WG Crackers Baked Fries Steamed Carrots Garden Salad Fresh Fruit or Juice	18 Nacho Platter Buffalo Chicken Pizza Brd.Buffalo Chick.Salad w/WG Crackers Steamed Rice Vegetarian Baked Beans Red Pepper Slices Blueb.w/Whip.Top.or Juice	19 Tuna Melts White Pizza Italian Salad w/Ham & WG Crackers Baked Fries Steamed Broccoli Fresh Baby Carrots Mixed Fruit Cup or Juice
22 Meatball Sub Bacon Ranch Pizza Brd.Chick.Ceasar Salad w/WG Crackers Baked Fries Steamed Broccoli Fresh Tomato Wedges Fresh Fruit or Juice	23 Chick.Mashed Potato Bowl Buffalo Chicken Pizza Ham Chef Salad w/WG Crackers Golden Corn Mashed Potatoes Garden Salad Fresh Fruit or Juice	24 Jumbo Ravioli w/Mar.Sce. Buffalo Chicken Pizza All American Cobb Salad WG Crackers Seasoned Peas Garden Salad Diced Pears or Juice	25 Hot Roast Pork Sandwich Buffalo Chicken Pizza Ranch Chicken Salad w/WG Crackers Stuffing Coleslaw Fresh Diced Peaches or Juice	26 Grilled Cheese Sandwich White Pizza Brd.Chick.Caesar Salad w/WG Crackers Tomato Soup Garden Salad Mixed Fruit Cup or Juice
29 Cheese Stf.Brd.Stks w/ w/Marinara Sauce Balsamic Chicken Pizza Chick.Chef Sal.w/WG Crkrs Cinnamon Sweet Potatoes Golden Corn Fresh Broccoli Fresh Fruit or Juice	30 Pizza Burger Buffalo Chicken Pizza All American Chef Salad w/WG Crackers Baked Fries Sweet Peas Fresh Cucumber Slices Peach Cup or Juice	31 Soft Shell Tacos Buffalo Chicken Pizza Chick.Caesar Salad w/WG Crackers Vegetarian Baked Beans Steamed Rice Fresh Celery Sticks Applesauce or Juice	LUNCH PRICES Free Reduced \$.40 Paid \$ 2.50	

More Info...

Offered Daily:

- Chicken Patty Sand.
- Cheeseburger
- Chicken Nuggets w/WG Bread
- Cheese Pizza
- Pepperoni Pizza
- MTO Deli Bar

- Fresh Fruit
- Fruit Juice
- Fresh Vegetables

- 1% Milk
- Skim Milk
- Chocolate Skim Milk

All Breads, Rolls 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

