



JANUARY 2020

Riverside Jr./Sr. High School



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<p>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</p> <p>LUNCH PRICES Free Reduced \$.40 Paid \$2.70</p> <p>Menus are subject to change without notice.</p>
		<p>1</p> <p>HAPPY NEW YEAR</p>	<p>2 Buffalo Chicken Tenders w/WG Brd. Buffalo Chicken Pizza Chicken Caesar Wrap Baked Fries Seasoned Peas Diced Peaches or Juice</p>	<p>3 Nacho Platter Buffalo Chicken Pizza Chicken Caesar Wrap Vegetarian Baked Beans Steamed Rice Mixed Fruit Cup or Juice</p>	
<p>6 French Tst.Sticks w/Sausage Sausage & Pepper Pizza Brd.Chick.Caesar Salad w/WG Crackers Baked Tater Tots Golden Corn Fresh Baby Carrots Applesauce or Fresh Fruit</p>	<p>7 Fish Sticks w/WG Bread Buffalo Chicken Pizza Turkey Chef Salad w/WG Crackers Baked Fries Orange Glazed Carrots Red Pepper Slices Fresh Fruit or Juice</p>	<p>8 Salisbury Steak w/Gravy Bacon Ranch Pizza Brd.Chick.Caesar Salad w/WG Crackers Parslied Noodles Green Beans Garden Salad Diced Pears or Fresh Fruit</p>	<p>9 BBQ Rib Sandwich Buffalo Chicken Pizza Brd.Chick.Caesar Sal w/WG Crackers Baked Tater Tots Seasoned Peas Fresh Celery Sticks Blueb. w/Whip.Top or Juice</p>	<p>10 Swt.& Sour Popcorn Chick. White Pizza All American Chef Salad w/WG Crackers Steamed Broccoli Steamed Rice Garden Salad Mixed Frt.Cup or Fresh Frt.</p>	
<p>13 Meatball Sub Bacon Ranch Pizza Brd.Chick.Ceasar Salad w/WG Crackers Baked Fries Green Beans Fresh Baby Carrots Craisins or Fresh Fruit</p>	<p>14 Chick.Mashed Potato Bowl Meatlover's Pizza Chicken Caesar Salad w/WG Crackers Mashed Potatoes Golden Corn Fresh Celery Sticks Fresh Fruit or Juice</p>	<p>15 Hot Ham & Ch./Pretzel Roll Buffalo Chicken Pizza Amer.Chef Salad w/WG Crackers Baked Fries Steamed Carrots Garden Salad Applesauce or Fresh Fruit</p>	<p>16 Nacho Platter Meatball Pizza Brd.Buffalo Chick.Salad w/WG Crackers Steamed Rice Vegetarian Baked Beans Red Pepper Slices Mixed Berry Cup.or Juice</p>	<p>17 Grilled Cheese w/Bacon White Pizza Italian Salad w/Ham & WG Crackers Tomato Soup Mixed Vegetables Fresh Baby Carrots Diced Peaches or Fr. Fruit</p>	
<p>20</p> <p>MARTIN LUTHER KING JR. DAY</p>	<p>21 Chicken Parm.Sandwich Buffalo Chicken Pizza Chicken Caesar Wrap Baked Fries Green Beans Fresh Baby Carrots Fresh Fruit or Juice</p>	<p>22 Philly Cheesesteak Taco Pizza All American Cobb Salad WG Crackers Baked Fries Seasoned Peas Garden Salad Diced Pears or Juice</p>	<p>23 Pork BBQ on a Bun Buffalo Chicken Pizza Ranch Chicken Salad w/WG Crackers Baked Tater Tots Mixed Vegetables Diced Peaches or Juice</p>	<p>24 Gen.Tso's Chicken White Pizza Brd.Chick.Caesar Salad w/WG Crackers Steamed Rice Steamed Broccoli Garden Salad Applesauce or Fresh Fruit</p>	
<p>27 Buffalo Chicken Tenders w/WG Brd. Buffalo Chicken Pizza Chick.Caesar Sal.w/WG Crkrs Steamed Rice Vegetarian Beans Fresh Baby Carrots Applesauce or Fresh Fruit</p>	<p>28 Pizza Burger Buffalo Chicken Pizza All American Chef Salad w/WG Crackers Baked Fries Sweet Peas Fresh Cucumber Slices Craisins or Juice</p>	<p>29 Walking Taco Buffalo Chicken Pizza Chick.Caesar Salad w/WG Crackers Steamed Rice Sweet Peas Garden Salad Diced Peaches or Fr.Fruit</p>	<p>30 Hot Wing Hoagie Meatlover's Pizza All Amer.Cobb Salad w/WG Crackers Baked Fries Green Beans Fresh Celery Sticks Fresh Fruit or Juice</p>	<p>31 Mozzarella Sticks w/Marinara Sauce Buffalo Chicken Pizza Chicken Caesar Salad w/WG Crackers Steamed Carrots Garden Salad Mixed Fruit Cup or Fr.Fruit</p>	

HEALTHY FOR LIFE

