



2019

# October

## Riverside Jr./Sr. High Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><b>7</b> Chicken Tenders w/WG Brd. Buffalo Chicken Pizza Chick.Caesar Sal.w/WG Crkrs. Seasoned Green Beans Baked Fries Baby Carrots Mixed Fruit or Fresh Fruit</p>	<p><b>1</b> BBQ Rib on a Bun Buffalo Chicken Pizza Chick.Caesar Sal.w/WG Crkrs. Baked French Fries Seasoned Green Beans Coleslaw Fresh Fruit or Juice</p>	<p><b>2</b> Fish Sticks w/WG Bread Buffalo Chicken Pizza Chick.Caesar Sal.w/WG Crkrs. Steamed Carrots Baked Fries Garden Salad Diced Pears or Fresh Fruit</p>	<p><b>3</b> Traveling Taco Bacon Ranch Chicken Pizza All Amer.Chef Salad w/WG Crkrs. Vegetarian Baked Beans Celery Sticks Fresh Fruit or Juice</p>	<p><b>4</b> General Tso's Chicken White Pizza Brd.Chick.Caesar Salad w/WG Crackers Steamed Rice Steamed Broccoli Garden Salad Strawb.Cups or Fresh Fruit</p>
<p><b>14</b> <b>COLUMBUS DAY</b></p>	<p><b>8</b> Chick.Mashed Potato Bowl Buffalo Chicken Pizza Brd.Chick.Caesar Salad w/WG Crkrs. Mashed Potatoes Sweet Golden Corn Garden Salad Fresh Fruit or Juice</p>	<p><b>9</b> Meatball Sub Buffalo Chicken Pizza Popcorn Chick.Sal.w/WG Crkrs Baked French Fries Steamed Carrots Garden Salad Diced Peaches or Fresh Fruit</p>	<p><b>10</b> Hot Dog on a Bun Buffalo Chicken Pizza Brd.Chick.Caesar Salad w/WG Crackers Mexican Spiced Rice Steamed Broccoli Fresh Baby Carrots Fresh Fruit or Juice</p>	<p><b>11</b> Mozzarella Sticks w/Marinara Sauce Cheese Steak Pizza Chick.Ranch Salad w/WG Crkrs. Baked French Fries Garden Salad Applesauce or Fresh Fruit</p>
<p><b>21</b> Meatball Sub Buffalo Chicken Pizza Popcorn Chicken Salad w/WG Crackers Baked French Fries Seasoned Green Peas Fresh Baby Carrots Peach Cup or Fr. Fruit</p>	<p><b>15</b> Salisbury Steak w/Gravy Buffalo Chicken Pizza Chick.Caesar Sal.w/WG Crkrs. Parsley Noodles Green Beans Baby Carrots Fresh Fruit or Juice</p>	<p><b>16</b> Orange Popcorn Chicken Bacon Ranch Chicken Pizza All Amer.Cobb Salad w/WG Crkrs. Steamed Broccoli Steamed Rice Garden Salad Applesauce or Fresh Fruit</p>	<p><b>17</b> Traveling Taco Buffalo Chicken Pizza Brd.Chick.Caesar Salad Steamed Rice Steamed Carrots Fresh Broccoli Fresh Fruit or Juice</p>	<p><b>18</b> BBQ Rib Sandwich White Pizza Chick.Caesar Sal.w/WG Crackers Baked French Fries Fresh Celery Sticks Sweet Golden Corn Diced Pears or Fresh Fruit</p>
<p><b>22</b> Country Chick.Nugget Bowl Buffalo Chicken Pizza All Amer.Cobb Salad w/WG Crkrs. Mashed Potatoes Sweet Golden Corn Cucumber &amp; Tomato Salad Fresh Fruit or Juice</p>	<p><b>23</b> BBQ Rib Sandwich Steak &amp; Cheese Pizza Brd.Chick.Caesar Salad w/WG Crackers Vegetarian Baked Beans Seasoned Green Beans Fresh Celery Sticks Mixed Frt.Cup or Fresh Fruit</p>	<p><b>24</b> Chicken Parmesan Sand. Buffalo Chicken Pizza Popcorn Chicken Salad w/WG Crackers Baked Fries Steamed Broccoli Fresh Baby Carrots Applesauce or Juice</p>	<p><b>25</b> Grilled Cheese Sandwich White Pizza Brd.Buffalo Chick.Salad w/WG Crkrs. Baked Fries Garden Salad Orange Glazed Carrots Diced Peaches or Fresh Fruit</p>	
<p><b>28</b> Chicken Tenders w/WG Brd. Buffalo Chicken Pizza Brd.Chicken Caesar Salad w/WG Crackers Baked Tater Tots Seasoned Peas Fresh Baby Carrots Diced Pears or Fresh Fruit</p>	<p><b>29</b> Philly Cheese Steak Buffalo Chicken Pizza Ranch Chick.Salad w/WG Crkrs. Green Beans Baked Fries Garden Salad Fresh Fruit or Juice</p>	<p><b>30</b> Hot Ham &amp; Ch.On Pretz.Roll Meat Lovers Pizza Brd.Chick.Caesar Salad w/WG Crackers Orange Glazed Carrots Baked Fries Garden Salad Applesauce or Fresh Fruit</p>	<p><b>31</b> Traveling Taco Buffalo Chicken Pizza Popcorn Chicken Salad w/WG Crackers Baked Fries Golden Corn Fresh Baby Carrots Fresh Fruit or Juice</p>	<p><b>PRICES</b> <b>FREE..... \$0</b> <b>REDUCED.....\$.40</b> <b>FULL PAID....\$2.70</b></p>

### More Info...

**Offered Daily:**  
**Chicken Patty Sand.**

**Cheeseburger**  
**Chicken Nuggets w/Dinner Roll**

**Cheese Pizza**  
**Pepperoni Pizza**

**MTO Deli Bar**  
**Asst. 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**

