



October

2017

Riverside Jr./Sr. High Lunch Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Fajita w/Pep-Onions Buffalo Chicken Pizza Vegetarian Baja Salad Steamed Carrots Brown Rice Fresh Broccoli Fresh Fruit or Juice	3 Rotini w/Meatsauce Buffalo Chicken Pizza Ham Chef Salad Baked French Fries Seasoned Green Beans Garden Salad Diced Peaches or Juice	4 BBQ Chicken Burger Buffalo Chicken Pizza Egg Chef Salad Steamed Carrots Cilantro Lime Rice Garden Salad Fresh Fruit or Juice	5 Meatball Pizza Sub Balsamic Chicken Pizza All American Chef Salad Vegetarian Baked Beans Sweet Peas Celery Sticks Applesauce or Juice	6 General Tso's Chicken White Pizza Brd.Chick.Caesar Salad Steamed Rice Steamed Broccoli Garden Salad Sliced Peaches or Juice.
9 COLUMBUS DAY	10 Chick.Mashed Potato Bowl Buffalo Chicken Pizza Tuna Salad Platter Mashed Potatoes Sweet Golden Corn Garden Salad Fresh Fruit or Juice	11 Pasta w/Meatballs Chicken Ranch Pizza Popcorn Chicken Salad Baked French Fries Steamed Carrots Garden Salad Diced Peaches or Juice	12 Chili Dog Buffalo Chicken Pizza Brd.Chick.Caesar Salad Mexican Spiced Rice Seasoned Peas Fresh Baby Carrots Applesauce or Juice	13 Grilled Cheese Sandwich White Pizza Chick.Ranch Salad Baked French Fries Garden Salad Fresh Fruit or Juice
16 Chicken Tenders White/Broccoli Pizza Chicken Chef Salad Sweet Golden Corn Baked Fries Garden Salad Mixed Fruit or Juice	17 Salisbury Steak w/Gravy Chicken Ranch Pizza All American Chef Salad Parsley Noodles Green Beans Garden Salad Diced Pears or Juice	18 Orange Popcorn Chicken Buffalo Chicken Pizza All American Cobb Salad Steamed Broccoli Steamed Rice Fresh Baby Carrots Fresh Fruit or Juice	19 Nacho Platter Buffalo Chicken Pizza Brd.Chick.Caesar Salad Baked French Fries Steamed Carrots Coleslaw Sliced Peaches or Juice	20 BBQ Rib Sandwich White/Broccoli Pizza Ham Chef Salad Baked French Fries Fresh Celery Sticks Sweet Golden Corn Fresh Fruit or Juice
23 Chicken Parmesan Melt Buffalo Chicken Pizza Popcorn Chicken Salad Baked French Fries Seasoned Green Peas Fresh Broccoli Fresh Fruit or Juice	24 Country Chicken Nugget Bowl Buffalo Chicken Pizza All American Cobb Salad Mashed Potatoes Sweet Golden Corn Cucumber & Tomato Salad Diced Peaches or Juice	25 Pulled Pork Sandwich Buffalo Chicken Pizza Brd. Chicken Caesar Salad Campfire Beans Seasoned Green Beans Fresh Celery Sticks Fresh Fruit or Juice	26 Bnls.Hot Wings Buffalo Chicken Pizza Popcorn Chicken Salad Baked Fries Sweet Green Peas Fresh Baby Carrots Blueberries w/Whip Topping or Juice	27 Grilled Cheese Sandwich White/Broccoli Pizza Brd.Buffalo Chick.Salad Sunchip Garden Salsa Chips Garden Salad Orange Glazed Carrots Fresh Fruit or Juice
30 Philly Cheesesteak Sand. Buffalo Chicken Pizza Brd.Chicken Caesar Salad Baked Tater Tots Seasoned Peas Fresh Broccoli Diced Pears or Juice	31 Chicken Tenders Chicken Ranch Pizza Turkey Chef Salad Green Beans Baked Fries Garden Salad Fresh Fruit or Juice HAPPY HALLOWEEN			PRICES FREE..... REDUCED.....\$.40 FULL PAID.....\$2.50

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.