




JANUARY 2019

Riverside Jr./Sr. High School



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

	<p>1</p> <p>HAPPY NEW YEAR</p>	<p>2 Mozz. Sticks w/Marinara Meatlover's Pizza Brd.Chick.Caesar Salad w/WG Crackers Seasoned Peas Fresh Baby Carrots Applesauce or Fresh Fruit</p>	<p>3 Nacho Platter Buffalo Chicken Pizza Popcorn Chicken Salad Vegetarian Baked Beans Steamed Rice Fresh Tomato Wedges Diced Peaches or Juice</p>	<p>4 Chicken Tenders w/WG Brd. White Pizza All American Chef Salad w/WG Crackers Steamed Broccoli Baked Tater Tots Garden Salad Mix Fruit Cup or Fresh Fruit</p>
<p>7 French Tst.Sticks w/Sausage Sausage & Pepper Pizza Brd.Chick.Caesar Salad w/WG Crackers Baked Hash Brown Patty Golden Corn Fresh Baby Carrots Applesauce or Fresh Fruit</p>	<p>8 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>9 Salisbury Steak w/Gravy Bacon Ranch Pizza Brd.Chick.Caesar Salad w/WG Crackers Parslied Noodles Green Beans Garden Salad Peach Cup or Fresh Fruit</p>	<p>10 BBQ Rib Sandwich Buffalo Chicken Pizza Brd.Chick.Caesar Sal w/WG Crackers Vegetarian Baked Beans Seasoned Peas Fresh Celery Sticks Blueb. w/Whip.Top or Juice</p>	<p>11 Swt.& Sour Popcorn Chick. White Pizza All American Chef Salad w/WG Crackers Steamed Broccoli Brown Rice Garden Salad Mixed Frt.Cup or Fresh Frt.</p>
<p>14 Meatball Sub Bacon Ranch Pizza Brd.Chick.Ceasar Salad w/WG Crackers Baked Fries Steamed Broccoli Fresh Baby Carrots Straw.Cup or Fresh Fruit</p>	<p>15 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>16 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>17 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</p>	<p>18 Grilled Cheese White Pizza Italian Salad w/Ham & WG Crackers Baked Fries Steamed Broccoli Fresh Baby Carrots Slcd.Peaches or Fr. Fruit</p>
<p>21</p> <p>MARTIN LUTHER KING JR. DAY</p>	<p>22 Chicken Parm.Sandwich Buffalo Chicken Pizza Ham Chef Salad w/WG Crackers Baked Fries Green Beans Garden Salad Fresh Fruit or Juice</p>	<p>23 Philly Cheesesteak Buffalo Chicken Pizza All American Cobb Salad WG Crackers Seasoned Peas Garden Salad Diced Pears or Juice</p>	<p>24 Pork BBQ on a Bun Buffalo Chicken Pizza Ranch Chicken Salad w/WG Crackers Baked Tater Tots Coleslaw Fresh Diced Peaches or Juice</p>	<p>25 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>28 Chicken Fajita w/Pep.& Onion Buffalo Chicken Pizza Chick.Ranch Sal.w/WG Crkrs Steamed Rice Vegetarian Beans Fresh Baby Carrots Applesauce or Fresh Fruit</p>	<p>29 Pizza Burger Buffalo Chicken Pizza All American Chef Salad w/WG Crackers Baked Fries Sweet Peas Fresh Cucumber Slices Peach Cup or Juice</p>	<p>30 Soft Shell Tacos Buffalo Chicken Pizza Chick.Caesar Salad w/WG Crackers Vegetarian Baked Beans Steamed Rice Garden Salad Sliced Peaches or Fr.Fruit</p>	<p>31 Chicken Tenders w/WG Brd. Meatlover's Pizza All Amer.Cobb Salad w/WG Crackers Baked Fries Green Beans Fresh Celery Sticks Fresh Fruit or Juice</p>	<p>LUNCH PRICES</p> <p>Free Reduced \$.40 Paid \$2.60</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

Menus are subject to change without notice.

HEALTHY FOR LIFE

