



2019

March

Healthy For Life



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

	<p>PRICES: Free Reduced - \$.40 Paid - \$2.60</p>	<p>READ ACROSS AMERICA Dr. Seuss Day on Friday, March 1ST. Green Eggs and Ham Samples during lunch.</p>		<p>1 Fish Sticks w/WG Bread White Pizza Ham Chef Salad w/WG Crackers Baked Fries Seasoned Peas Garden Salad Diced Peaches or Juice READ ACROSS AMERICA</p>
<p>4 Mozz. Sticks w/Marinara Chicken Parmesan Pizza Chicken Chef Sal. w/Crkr. Baked Fries Sweet Golden Corn Fresh Baby Carrots Fresh Fruit or Juice</p>	<p>5 BBQ Rib Sandwich Buffalo Chicken Pizza Turkey Chef Salad w/WG Crkers Baked Fries Green Beans Fresh Red Pepper Slices Mixed Fruit Cup or Juice</p>	<p>6 Fish Sticks w/WG Brd. Buffalo Chicken Pizza Turkey & Ch. Salad w/WG Crker Baked Tater Tots Steamed Broccoli Fresh Baby Carrots Diced Pears or Juice</p>	<p>7 Walking Taco Buffalo Chicken Pizza Ham Pizza Salad w/WG Crkr Steamed Rice Vegetarian Baked Beans Fresh Broccoli Fresh Fruit or Juice</p>	<p>8 Grilled Cheese on Pretzel Roll White Pizza Chick. Caesar Salad w/WG Crackers Baked Fries Steamed Carrots Garden Salad Fresh Fruit or Juice</p>
<p>11 Meatball Sub Buffalo Chicken Pizza Chicken & Cheese Salad w/WG Crackers Baked Tater Tots Steamed Broccoli Fresh Tomato Wedges Fresh Fruit or Juice</p>	<p>12 Chicken Mashed Potato Bowl Buffalo Chicken Pizza All Amer. Cobb Salad w/WG Crackers Mashed Potatoes w/Gravy Golden Corn Cucumber & Tomato Salad Applesauce or Juice</p>	<p>13 Hot Wing Hoagie Buffalo Chicken Pizza Chick. Caesar Salad w/Crkr Campfire Beans Seasoned Peas Garden Salad Fresh Fruit or Juice</p>	<p>14 Pork BBQ Sandwich Buffalo Chicken Pizza Popcorn Chick. Salad w/Crkr Baked Tater Tots Orange Glazed Carrots Fresh Broccoli Fresh Fruit or Juice</p>	<p>15 Pierogies White Pizza Chef Choice Salad w/WG Crackers Steamed Broccoli Garden Salad Fresh Fruit or Juice</p>
<p>18 Mini Corn Dogs Bacon Pizza Chick. Caesar Sal. w/WG Crackers Seasoned Peas Baked Tater Tots Fresh Baby Carrots Cinn. Sliced Apples or Juice</p>	<p>19 General Tso's Chicken Buffalo Chicken Pizza Turkey Chef Salad w/WG Crackers Steamed Rice Steamed Broccoli Fresh Red Pepper Slices Fresh Fruit or Juice</p>	<p>20 Chili Dog Buffalo Chicken Pizza All Amer. Chef Salad w/WG Crkr Baked Fries Seasoned Peas Garden Salad Diced Peaches or Juice</p>	<p>21 Walking Taco Buffalo Chicken Pizza Chicken Caesar Salad w/Crkr. Steamed Rice Vegetarian Baked Beans Fresh Celery Sticks Fresh Fruit or Juice</p>	<p>22 Grilled Cheese on Pretzel Roll White Pizza Chick. Caesar Salad w/Crkr. Baked Fries Steamed Broccoli Garden Salad Mixed Berry Cup or Fresh Fruit</p>
<p>25 Philly Cheese Steak w/Pep-On Buffalo Chicken Pizza Egg Chef Salad w/Crkr Baked Tater Tots Orange Glazed Carrots Fresh Baby Carrots Applesauce or Juice</p>	<p>26 Hot Ham & Ch. on Pretzel Roll Buffalo Chicken Pizza Chick. Caesar Salad w/WG Crkr Baked Fries Green Beans Garden Salad Fresh Fruit or Juice</p>	<p>27 Baked Chicken Buffalo Chicken Pizza Chef Choice Salad Cinn. Sweet Potatoes Seasoned Peas Garden Salad Diced Peaches or Juice</p>	<p>28 Hot Wing Tenders Buffalo Chicken Pizza Ranch Chick. Salad w/Crkr. Campfire Beans Baked Tater Tots Fresh Celery Sticks Applesauce or Juice</p>	<p>29 Macaroni & Cheese Buffalo Chicken Pizza Brd. Chick. Caesar Salad w/WG Crackers Baked Fries Stewed Tomatoes Garden Salad Diced Pears or Juice</p>

More Info...
Offered Daily:

- Chicken Patty Sand.**
- Cheeseburger**
- Chicken Nuggets**
- 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**
- Egg & Tuna available on Deli on Fridays in March**

Menus are subject to change without notice.

RIVERSIDE JR./SR. HIGH SCHOOL LUNCH MENU

