



2019

February

HEALTHY FOR LIFE



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1 Mozzarella Sticks w/Marinara White Pizza Ranch Chicken Salad w/WG Pretzel Sticks Steamed Rice Green Beans Fresh Baby Carrots Diced Pears or Juice	
4 Chicken Tenders w/WG Brd. White Pizza All Amer.Salad w/WG Pretzel Sticks Baked Fries Seasoned Green Beans Garden Salad Fresh Fruit or Peach Cup		5 Chick.Nugget,Mashed Bowl Chicken Parmesan Pizza All Amer.Cobb Salad w/WG Pretzel Sticks Mashed Potatoes Golden Corn Cucumber & Tomato Salad Mixed Fruit Cup or Juice		6 Grilled Cheese & Bacon Sand. Buffalo Chicken Pizza Egg Chef Salad w/WG Pretzel Sticks Campfire Beans Steamed Carrots Fresh Celery Sticks Fresh Fruit or Applesauce		7 Beef Nacho Platter Buffalo Chicken Pizza Popcorn Chick.Salad w/WG Pretzel Sticks Steamed Rice Steamed Broccoli Fresh Baby Carrots Mixed Fruit Cup or Juice		8 PARENT CONFERENCES GRAB-N-GO LUNCHES AVAILABLE Chicken Patty Sandwich, Sunchips, Fresh Fruit and Choice of Milk	
11 Pizza Sticks w/Pizza Sauce Buffalo Chicken Pizza Ranch Chicken Salad w/WG Pretzel Sticks Cinnamon Sweet Potatoes Sweet Peas Fresh Baby Carrots Fresh Fruit or Applesauce		12 Pork BBQ Sandwich Buffalo Chicken Pizza Chicken Caesar Salad w/WG Pretzel Sticks Baked Fries Green Beans Fresh Broccoli Peach Cup or Juice		13 Chicken Fajita w/On. & Pep. Buffalo Chicken Pizza All Amer.Chef Salad w/WG Pretzel Sticks Baked Fries Steamed Carrots Garden Salad Blueb.w/Wh.Top.or Fr.Fruit		14 Beef Nacho Platter Buffalo Chicken Pizza All American Cobb Salad w/WG Pretzel Sticks Steamed Rice Vegetarian Baked Beans Fresh Celery Sticks Fresh Fruit or Juice		15 General Tso's Chicken White Pizza Chicken Ranch Salad w/WG Pretzel Sticks Steamed Rice Steamed Broccoli Fresh Baby Carrots Diced Peaches or Fr.Fruit	
18 PRESIDENT'S DAY		19 Chicken Parmesan Sand. Buffalo Chicken Pizza Chick.Caesar Sal.w/WG Pretzel Sticks Seasoned Green Beans Garden Salad Mixed Fruit Cup or Juice		20 Fish Sticks w/WG Brd. Bacon Ranch Pizza Ham Chef Salad w/WG Pretzel Sticks Cilantro Lime Rice Steamed Carrots Fresh Cucumber Slices Fresh Fruit or Applesauce		21 Tacos Buffalo Chicken Pizza All Amer.Chef Sal.w/WG Pretzel Sticks Brown Rice Vegetarian Baked Beans Garden Salad Mixed Fruit Cup or Juice		22 Grilled Cheese on Pretzel Roll White Pizza Chick.Caesar Sal.w/WG Pretzel Sticks Steamed Rice Steamed Broccoli Fresh Baby Carrots Fresh Fruit or Diced Peaches	
25 BBQ Rib Sandwich Buffalo Chicken Pizza Chick.Caesar Sal.w/WG Pretzel Sticks Baked Fries Sweet Peas Garden Salad Fresh Fruit or Applesauce		26 Chick.Nugget Mashed Bowl Buffalo Chicken Pizza All Amer.Cobb Salad w/WG Pretzel Sticks Mashed Potatoes Golden Corn Fresh Cucumber Slices Mixed Fruit Cup or Juice		27 Orange Popcorn Chicken Buffalo Chicken Pizza Ham Chef Salad w/WG Pretzel Sticks Mashed Potatoes Golden Corn Steamed Rice Steamed Broccoli Garden Salad Fresh Fruit or Diced Pears		28 Philly Cheesesteak Buffalo Chicken Pizza Italian Salad w/Ham & WG Pretzel Sticks Vegetarian Baked Beans Sweet Peas Fresh Celery Sticks Mixed Fruit Cup or Juice		PRICES: Free Reduced - \$.40 Paid - \$2.60	

More Info...
Offered Daily:
Chicken Patty Sand.
Cheeseburger
Chicken Nuggets w/Dinner Roll
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
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Menus are subject to change without notice.

RIVERSIDE JR./SR. HIGH SCHOOL LUNCH MENU

