



2017

March

Healthy For Life



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

	<p>PRICES: Free Reduced - \$.40 Paid - \$2.40</p>	<p>1 Grilled Cheese Sandwich Buffalo Chicken Pizza Egg Caesar Salad w/WG Crackers Tomato Soup Fresh Celery Sticks Fresh Fruit or Juice Read Across America</p>	<p>2 Hot Wing Hoagie Buffalo Chicken Pizza Ranch Chick.Salad w/Crks. Campfire Beans Baked Tater Tots Fresh Baby Carrots Fresh Fruit or Juice</p>	<p>3 Fish Sticks w/WG Bread White Pizza Ham Chef Salad w/WG Crackers Cinn.Sweet Potatoes Seasoned Peas Garden Salad Diced Peaches or Juice</p>
<p>6 Pizza Sticks w/Marinara Chicken Parmesan Pizza Chicken Chef Sal.w/Crks. Steamed Rice Sweet Golden Corn Fresh Broccoli Fresh Fruit or Juice</p>	<p>7 Boneless Hot Wings Buffalo Chicken Pizza Turkey Chef Salad w/WG Crkers Baked Fries Green Beans Fresh Red Pepper Slices Diced Peaches or Juice</p>	<p>8 Swt & Sour Popcorn Chicken Buffalo Chicken Pizza Turkey & Ch.Salad w/WG Crker Steamed Rice Steamed Broccoli Fresh Baby Carrots Fresh Fruit or Juice</p>	<p>9 Nacho Platter Buffalo Chicken Pizza Ham Pizza Salad w/WG Crks Steamed Rice Vegetarian Baked Beans Fresh Celery Sticks Fresh Fruit or Juice</p>	<p>10 Grilled Cheese on Pretzel Roll White Pizza All Amer.Chef Salad w/WG Crackers Baked Fries Seasoned Peas Garden Salad Fresh Fruit or Juice</p>
<p>13 Meatball Sub Buffalo Chicken Pizza Chicken & Cheese Salad w/WG Crackers Baked Tater Tots Mixed Vegetables Fresh Tomato Wedges Fresh Fruit or Juice</p>	<p>14 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>15 Hot Wing Hoagie Buffalo Chicken Pizza Chick.Caesar Salad w/Crks Campfire Beans Mashed Potatoes Garden Salad Fresh Fruit or Juice</p>	<p>16 Pulled Pork Fajita Buffalo Chicken Pizza Popcorn Chick.Salad w/Crks Baked Tater Tots Orange Glazed Carrots Fresh Baby Carrots Fresh Fruit or Juice</p>	<p>17 Pierogies w/Ch.Stick White Pizza Chef Choice Salad w/WG Crackers Seasoned Peas Garden Salad Fresh Fruit or Juice Happy St. Patrick's Day Spec. Ham,Cabbage,Potatoes</p>
<p>20 Boneless Hot Wings Bacon Pizza Brd.Buffalo Chick.Sal.w/WG Crackers Seasoned Peas Baked Tater Tots Fresh Broccoli Fresh Fruit or Juice</p>	<p>21 Chicken Parmesan Sandwich Buffalo Chicken Pizza Turkey Chef Salad w/WG Crackers Baked Fries Green Beans Fresh Red Pepper Slices Blueberries w/Whip Topping</p>	<p>22 Hot Dog on a Bun Buffalo Chicken Pizza All Amer.Chef Salad w/Wg Crks Baked Tater Tots Seasoned Peas Garden Salad Diced Peaches or Juice</p>	<p>23 Nacho Platter Buffalo Chicken Pizza Chicken & Ch. Salad w/Crks. Steamed Rice Vegetarian Baked Beans Fresh Celery Sticks Cantaloupe or Juice</p>	<p>24 Swt.& Sour Popcorn Chicken White Pizza Ranch Chicken Salad w/Crks Steamed Rice Steamed Broccoli Cucumber & Tomato Salad Mixed Fruit Cup or Juice</p>
<p>27 Philly Cheese Steak Buffalo Chicken Pizza Vegetarian Baja Salad w/Crks Baked Tater Tots Seasoned Peas Garden Salad Apple Wedges or Juice</p>	<p>28 Hot Ham & Ch.on Pretzel Roll Buffalo Chicken Pizza Chick.Caesar Sal.w/WG Crackers Baked Tater Tots Green Beans Garden Salad Fresh Fruit or Juice</p>	<p>29 Broccoli & Cheese Bkd.Potato Buffalo Chicken Pizza Ham Chef Salad w/Crks Campfire Beans Steamed Carrots Fresh Baby Carrots Diced Pears or Juice</p>	<p>30 Hot Wing Hoagie Buffalo Chicken Pizza All Amer.Chef.Salad w/Crks Baked Fries Seasoned Peas Homemade Coleslaw Blueb w/Whip.Top. or Juice</p>	<p>31 Gen.Tso's Chicken White Pizza Chick.Caesar Salad w/Crks Steamed Rice Steamed Broccoli Fresh Baby Carrots Mandarin Oranges 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

