

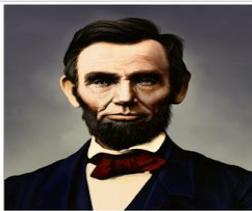


2017

February

HEALTHY FOR LIFE



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
				1 Orange Popcorn Chicken Buffalo Chicken Pizza Ham Chef Salad w/WG Crkrs Cilantro Lime Rice Steamed Broccoli Garden Salad Fresh Fruit or Juice		2 Chicken Tenders w/Roll Buffalo Chicken Pizza Italian Salad w/Ham & WG Crkrs Vegetarian Baked Beans Sweet Peas Fresh Celery Sticks Fresh Fruit or Juice		3 BBQ Baked Chicken White Pizza Ranch Chicken Salad w/WG Crkrs. Steamed Rice Green Beans Fresh Baby Carrots Mandarin Oranges or Juice		<p>More Info...</p> <p><u>Offered Daily:</u></p> <p>Chicken Patty Sand.</p> <p>Cheeseburger</p> <p>Chicken Nuggets w/Dinner Roll</p> <p>Cheese Pizza</p> <p>Pepperoni Pizza</p> <p>MTO Deli Bar</p> <p>Fresh Fruit</p> <p>Fruit Juice</p> <p>Fresh Vegetables</p> <p>1% Milk</p> <p>Skim Milk</p> <p>Chocolate Skim Milk</p> <p>All Breads, Rolls and Pizza Dough is Whole Grain</p>
6 PARENT CONFERENCES GRAB-N-GO LUNCHES AVAILABLE Ham & Ch.Pretzel Roll Sunchips, Fresh Fruit and Choice of Milk		7 Chick.Nugget,Mashed Bowl Buffalo Chicken Pizza All Amer.Cobb Salad w/Wg Crkrs Mashed Potatoes Golden Corn Cucumber & Tomato Salad Diced Peaches or Juice		8 Grilled Cheese & Bacon Sand. Buffalo Chicken Pizza Egg Chef Salad w/WG Crkrs Campfire Beans Steamed Carrots Fresh Celery Sticks Fresh Fruit or Juice		9 Chicken Tenders w/Roll Buffalo Chicken Pizza Popcorn Chick.Salad w/WG Crkrs Sunchip Garden Salsa Chips Seasoned Green Beans Fresh Baby Carrots Fresh Cantaloupe or Juice		10 Nacho Platter White Pizza All Amer.Salad w/WG Crkrs Steamed Rice Steamed Broccoli Garden Salad Fresh Fruit or Juice		
13 Hot Dog on a Bun Buffalo Chicken Pizza Chicken Caesar Salad w/WG Crkrs. Baked Tater Tots Seasoned Peas Fresh Broccoli Apple Slices or Juice		14 Chicken Parmesan Sand. Buffalo Chicken Pizza Turkey Chef Salad w/WG Crkrs Rice Green Beans Fresh Red Pepper Slices Diced Peaches or Juice		15 Macaroni & Cheese Buffalo Chicken Pizza All Amer.Chef Salad w/WG Crkrs Cinnamon Sweet Potatoes Sweet Peas Garden Salad Fresh Fruit or Juice		16 Philly Cheesesteak Buffalo Chicken Pizza Chick & Ch.Salad w/WG Crkrs Baked Fries Golden Corn Fresh Celery Sticks Applesauce or Juice		17 Swt.& Sour Popcorn Chicken White Pizza Chick.Caesar Sal.w/WG Crkrs Steamed Rice Steamed Broccoli Fresh Baby Carrots Fresh Fruit or Juice		
20 PRESIDENT'S DAY		21 Pasta w/Meatsauce Buffalo Chicken Pizza Chick.Caesar Sal.w/WG Crkrs Seasoned Green Beans Garden Salad Diced Peaches or Juice		22 Pulled Pork Fajita. Buffalo Chicken Pizza Ham Chef Salad w/Roll Cilantro Lime Rice Steamed Carrots Fresh Cucumber Slices Fresh Fruit or Juice		23 Tacos Buffalo Chicken Pizza All Amer.Chef Sal.w/WG Crkrs Brown Rice Vegetarian Baked Beans Garden Salad Fresh Fruit or Juice		24 General Tso's Chicken White Pizza Chick.Caesar Sal.w/WG Crkrs Steamed Rice Steamed Broccoli Fresh Baby Carrots Mandarin Oranges or Juice		
27 BBQ Rib Sandwich Buffalo Chicken Pizza Chick.Caesar Sal.w/WG Crkrs Baked Fries Sweet Peas Garden Salad Mixed Fruit Cup or Juice		28 Chick.Nugget Mashed Bowl Buffalo Chicken Pizza All Amer.Cobb Salad w/WG Crkrs. Mashed Potatoes Golden Corn Fresh Cucumber Slices Fresh Fruit or Juice				Egg and Tuna Salad available Fridays on Deli Bar		PRICES: Free Reduced - \$.40 Paid - \$2.40		

Menus are subject to change without notice.

RIVERSIDE JR./SR. HIGH SCHOOL LUNCH MENU

