

September 2017

RIVERSIDE HIGH SCHOOL

LUNCH



Paw pack, Cheeseburger, Chicken sandwich, Pizza and a variety of milk choices offered daily. Stuffed crust Pizza will be offered on Wednesday.
This institution is an equal opportunity provider.



Lunch Meal Pattern: 2oz. Meat/Meat alternate (10 oz. min. per week)
2 oz. Grain equiv. daily (10 oz. min per week)
1 cup of Fruit daily (5 cups per week)
1 cup of Vegetables daily (5 cups per week)
1 cup of Milk daily (5cups per week)

Monday

Tuesday

Wednesday

Thursday

Friday



Corn Dogs, Sidewinder Fries, Carrots w/dip, Corn, Fruit Choice, Milk **1**

Labor day (No School) **4**

Deli Turkey Sandwich, Lettuce, Tomato, Pickles, Baked Beans, Romaine Salad, Fruit Choice, Milk **5**

Beef Nachos, Mexican Corn, Spicy Fries, Baby Carrots w/dip, Fruit choice, Milk **6**

Spaghetti, Garlic Breadstick, Green Beans, Romaine Salad, Baked Potato, Fruit choice, Milk **7**

Steak with Gravy, Roll, Mashed Potatoes, Glazed Carrots, Fruit Choice, Milk **8**

Chicken Smackers, Roll, Ranch Potatoes, Green Beans, Romaine Salad, Fruit choice, Milk **11**

Taco Meat, Soft shell Tortilla, Tomato, Lettuce, Cheese, Taco Sauce, Corn, Pinto Beans, Baby Carrots w/dip, Fruit choice, Milk **12**

Fish, Hushpuppies, White Beans, Turnip Greens, Fruit Choice, Milk **13**

Poppy seed Chicken Casserole, Breadstick, Mashed Potatoes, Glazed Carrots, Fruit choice, Milk **14**

Staff Development (No School) **15**

Parmesan Chicken, Roll, Mashed Potatoes, Green Peas, Fruit choice, Milk **18**

BBQ Sandwich, Baked Beans, French Fries, Creamy Coleslaw, Fruit choice, Milk **19**

Macaroni & Cheese, Ham, Roll, Purple Hull Peas, Glazed Carrots, Broccoli Salad, Fruit choice, Milk **20**

Stromboli w/Salsa, Ranch Potatoes, Steamed Veggies, Fruit choice, Milk **21**

Lasagna, Breadstick, Romaine Salad, Baked Potato, Corn on The Cob, Fruit choice, Milk **22**

Chicken Alfredo, Roll, Green Beans, Glazed Carrots, Veggie Cup w/dip, Fruit choice, Milk **25**

Corn Dogs, Sidewinder Fries, Corn, Fruit choice, Milk **26**

Spaghetti, Garlic Breadstick, Romaine Salad, Baked Potato, Fruit choice, Milk **27**

Deli Turkey on Hoagie Bun, Lettuce, Tomato, Pickles, Baked Beans, Baby Carrots w/ Dip, Fruit choice, Milk **28**

Chicken Fajita, Tortilla Shell, Shredded Lettuce & Tomato, Pinto Beans, Steamed Veggies, Fruit choice, Milk **29**