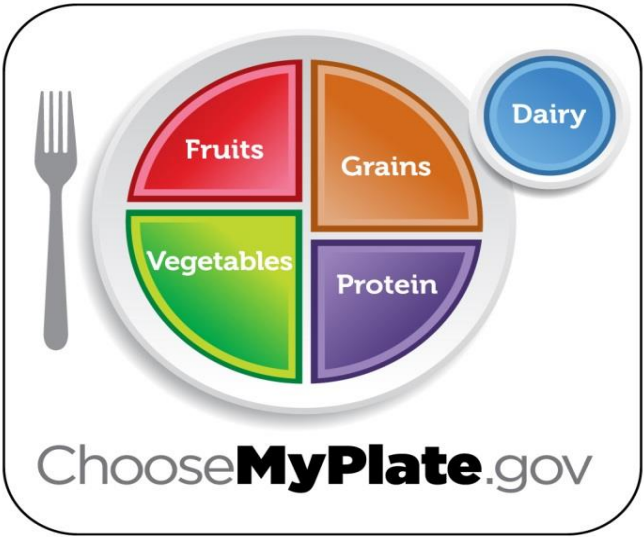
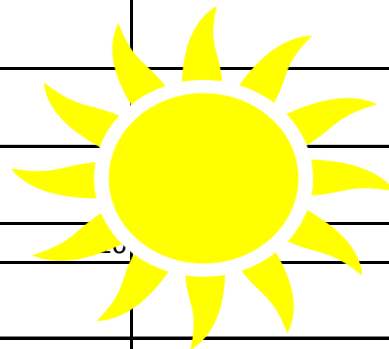


# Riverside Meadows Intermediate School

Breakfast

August, 2016

		3	4	5
		17	18	19
		Waffle	Breakfast Pizza	French Toast
		Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick
		Bagel and Cream Cheese	Bagel and Cream Cheese	Bagel and Cream Cheese
22	23	24	25	26
Whole Grain Doughnut	Breakfast Burrito	Muffin Choice	Fruit and Yogurt Parfait	Sausage and Pancake Breakfast Stick
Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick
Bagel and Cream Cheese	Bagel and Cream Cheese	Bagel and Cream Cheese	Bagel and Cream Cheese	Bagel and Cream Cheese
29	30	31		
Sausage Breakfast Sandwich	Bagelful	Waffle		
Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick		
Bagel and Cream Cheese	Bagel and Cream Cheese	Bagel and Cream Cheese		



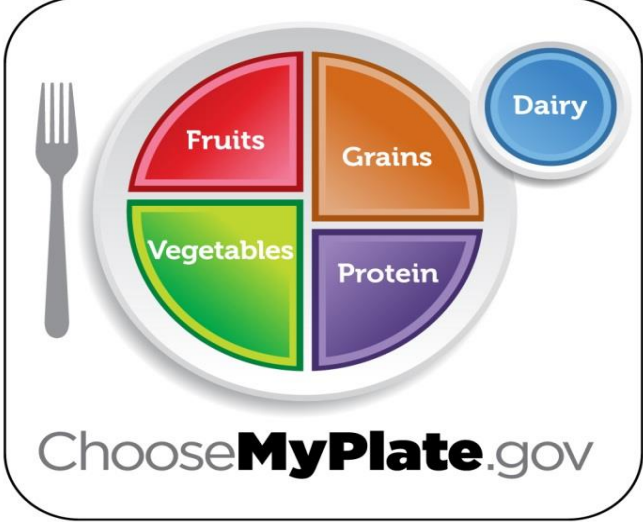
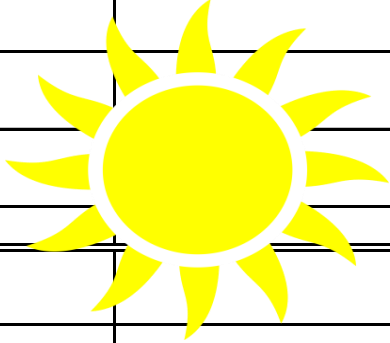
Wonderful 1% White Milk and Nonfat Charming Chocolate Milk Offered At Each Meal!

Menu Subject To Change Without Notice

# Riverside Meadows Intermediate School

August, 2016

Lunch

 <p>Choose<b>MyPlate</b>.gov</p>				
		Fiesta Nada (Taco Pocket)	Teriyaki Chicken and Rice	Spaghetti with Meat Sauce and Garlic Bread
		Cheese Enchiladas	Vegetarian Egg Roll with Rice and Sunflower Seeds	Spaghetti with Red Sauce and Cheesey Breadstick
		Black Beans	Roasted Carrots	Roasted Broccoli
22	23	24	25	26
Mac N Cheese and Corn Bread	Beef Crunchy Tacos	Mini Corn Dogs	Hamburger	Pepperoni Galaxy Personal Pizza
Ultra Bean and Cheese Burrito	Cheese Quesadilla	Sunflower Butter and Jelly Sandwich with Cheese Stick	Vegetarian Burger	Cheese Galaxy Personal Pizza
Roasted Broccoli	Smooth Refried Beans	Seasoned Curly Fries	Potato Wedges	Steamed Carrots
29	30	31		
Italian Calzone	Nacho Pack	Chicken Strips		
Cheese Quesadilla	Ultra Bean and Cheese Burrito	Grilled Cheese Sandwich		
Roasted Carrots	Zesty Pinto Beans	Corn Cob		

Wonderful 1% White Milk and Nonfat Charming Chocolate Milk Offered At Each Meal!

Menu Subject To Change Without Notice