

Riverside Meadows Intermediate School

December, 2015

Breakfast

			1	2
			Breakfast Pizza	French Toast
			Cereal and Cheese Stick	Cereal and Cheese Stick
			Bagel and Cream Cheese	Bagel and Cream Cheese
5	6	7	8	9
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
12	13	14	15	16
Sausage Breakfast Sandwich	Bagelful	Waffle	Breakfast Pizza	French Toast
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
19	20	21	22	23
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
Winter Break				
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
26	27	28	29	30
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
Winter Break				
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY

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

Menu Subject To Change Without Notice

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Lunch

 <p>Fuel up with foods from each food group</p>			1	2
			Mandarin Chicken and Rice	Chicken Alfredo Pasta with Garlic Bread
			Vegetarian Egg Roll with Rice and Sunflower Seeds	Alfredo Pasta with Cheesy Breadstick
			Roasted Broccoli	Hot Peas
5	6	7	8	9
Pretzel Bites with Cheese Dip	Chicken Soft Taco	Jumbo Corn Dog	BBQ Rib Sandwich	Primo Pepperoni Pizza Slice
Ultra Bean and Cheese Burrito	Cheese Quesadilla	Sunflower Butter and Jelly Sandwich with Cheese Stick	Vegetarian Burger	Primo Cheese Pizza Slice
Steamed Green Beans	Smooth Refried Beans	Roasted Sweet Potatoes	Roasted Corn	Steamed Carrots
12	13	14	15	16
Fiesta Nada (Taco Pocket)	Chicken Taquitos	Popcorn Chicken	Teriyaki Chicken and Rice	Spaghetti with Meat Sauce and Garlic Bread
Cheese Enchiladas	Ultra Bean and Cheese Burrito	Grilled Cheese Sandwich	Vegetarian Egg Roll with Rice and Sunflower Seeds	Spaghetti with Red Sauce and Cheesy Breadstick
Black Beans	Salsa Cup	Potato Wedges	Roasted Carrots	Roasted Broccoli
19	20	21	22	23
HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY	HOLIDAY
Winter Break				
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26	27	28	29	30
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