

Riverside Meadows Intermediate School

October, 2016

Breakfast

3	4	5	6	7
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
10	11	12	13	14
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
17	18	19	20	21
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
24	25	26	27	28
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
31				
				
HOLIDAY				

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

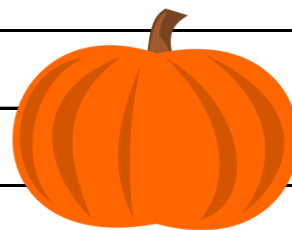
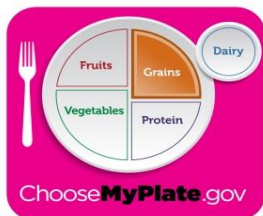
Menu Subject To Change Without Notice

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October, 2016

Lunch

3	4	5	6	7
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
10	11	12	13	14
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
17	18	19	20	21
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
24	25	26	27	28
Italian Calzone	Nacho Pack	Chicken Strips	Mandarin Chicken and Rice	Chicken Alfredo Pasta with Garlic Bread
Cheese Quesadilla	Ultra Bean and Cheese Burrito	Grilled Cheese Sandwich	Vegetarian Egg Roll with Rice and Sunflower Seeds	Alfredo Pasta with Cheesy Breadstick
Roasted Carrots	Zesty Pinto Beans	Corn Cob	Roasted Broccoli	Hot Peas
31				
HOLIDAY				



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