

Riverside Meadows Intermediate School September, 2016

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
HOLIDAY	Whole Grain Doughnut	Muffin Choice	Fruit and Yogurt Parfait	Sausage and Pancake Breakfast Stick
Labor Day	Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick	Cereal and Cheese Stick
HOLIDAY	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
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
26	27	28	29	30
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

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

Menu Subject To Change Without Notice

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Lunch

				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	
HOLIDAY	Pretzel Bites with Cheese Dip	Jumbo Corn Dog	BBQ Rib Sandwich	Primo Pepperoni Pizza Slice	
Labor Day	Ultra Bean and Cheese Burrito	Sunflower Butter and Jelly Sandwich with Cheese Stick	Vegetarian Burger	Primo Cheese Pizza Slice	
HOLIDAY	Steamed Green 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	
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	
26	27	28	29	30	
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	

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