

# Riverside Meadows Intermediate School

## Breakfast

January, 2018

1	2	3	4	5
Holiday	Holiday	Holiday	Holiday	Holiday
8	9	10	11	12
Whole Grain Doughnut Bar Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly	Fresh Baked Fat Cat Muffin Squares Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly	Breakfast Burrito Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly	Fruit and Yogurt Parfait Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly	Sausage Pancake on a Stick Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly
15	16	17	18	19
Holiday	Yoplait Fruit Smoothie and Graham Crackers Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly	Pancakes Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly	Turkey Sausage Breakfast Pizza Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly	Whole Grain Doughnut Bar Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly
22	23	24	25	26
Whole Grain Doughnut Bar Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly	Fresh Baked Fat Cat Muffin Squares Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly	Breakfast Burrito Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly	Fruit and Yogurt Parfait Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly	Sausage Pancake on a Stick Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly
29	30	31		
Sausage Breakfast Sandwich Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly	Yoplait Fruit Smoothie and Graham Crackers Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly	Pancakes Breakfast Cereal (Served with a Cheese Stick) Bagel and Cream Cheese or Jelly		

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

# Riverside Meadows Intermediate School

Lunch

January, 2018

1	2	3	4	5
Holiday	Holiday	Holiday	Holiday	Holiday
8	9	10	11	12
Mac N Cheese with Corn Bread Ultra Bean and Cheese Burrito Fruit and Yogurt Parfait	Crunchy Beef Tacos Black Bean and Cheese Quesadilla Picnic Pack Sandwich Meal	Chicken Strips Grilled Cheese Panini Cheff Salad	Hamburger Vegetarian Burger Picnic Pack Sandwich Meal	Pepperoni Galaxy Personal Pizza Cheese Galaxy Personal Pizza Fruit and Yogurt Parfait
15	16	17	18	19
Holiday	Soft Pretzel and Cheese Dip Baked Cheesey Breadsticks and Pizza Sauce Fruit and Yogurt Parfait	Breakfast for Lunch - Pancakes and Sausage Breakfast for Lunch - Pancakes and Yogurt Chicken Ceasar Salad	Mandarin Chicken and Chow Mein or Rice Vegetarian Egg Roll and Chow Mein or Rice Picnic Pack Sandwich Meal	Domino's Pepperoni Smart Slice Pizza Domino's Cheesey Smart Slice Pizza Fruit and Yogurt Parfait
22	23	24	25	26
Chili Beans and Cheese in a Tortilla Boat Pasta with Red Sauce and Cheesey Breadstick Fruit and Yogurt Parfait	Chicken Soft Taco Cheese Quesadilla Picnic Pack Sandwich Meal	Jumbo Corn Dog Ultra Bean and Cheese Burrito Taco Salad	BBQ Rib Sandwich Vegetarian Burger Picnic Pack Sandwich Meal	Primo Pepperoni Pizza Slice Primo Cheese Pizza Slice Fruit and Yogurt Parfait
29	30	31		
Black Bean and Cheese Quesadilla Cheese Quesadilla Fruit and Yogurt Parfait	Chicken Taquitos Ultra Bean and Cheese Burrito Picnic Pack Sandwich Meal	Beef and Bean Chili in a Tortilla Boat Grilled Cheese Panini Pepperoni Pizza Salad		

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