

Harvest of the Month

Network for a Healthy California



STRAWBERRIES

Circle all meals on the menu that have strawberries.

- How many did you find?
- How many times are strawberries in the meals served for lunch? Breakfast?
- What is your favorite way to eat strawberries?

Riverside Meadows Intermediate School

Breakfast

April, 2019

1	2	3	4	5
Pancakes	Breakfast Slider	Chicken and Waffle Bites	Scrambled Egg Square + Graham Crackers	Fruit and Yogurt Parfait
Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese
Cereal Bar + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick
8	9	10	11	12
Apple Cinnamon Breakfast Pastry	Sausage Pancake on a Stick	Fresh Baked Muffin Squares	Breakfast Fruit Smoothie	Fresh Baked Cinnamon Rolls
Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese
Cereal Bar + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick
15	16	17	18	19
22	23	24	25	26
Pancakes	Breakfast Slider	Chicken and Waffle Bites	Scrambled Egg Square + Graham Crackers	Fruit and Yogurt Parfait
Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese	Bagel + Cream Cheese
Cereal Bar + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick
29	30			
Apple Cinnamon Breakfast Pastry	Sausage Pancake on a Stick			
Bagel + Cream Cheese	Bagel + Cream Cheese			
Cereal Bar + Cheese Stick	Cereal Bowl + Cheese Stick			

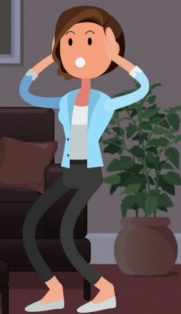
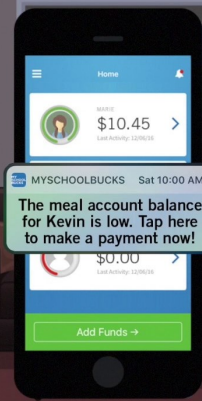
Wonderful 1% White Milk and Nonfat Charming Chocolate Milk Offered At Each Meal!



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Get alerts when your student's balance runs low



Menus subject to change without notice

It's time to tune in—
make sure your student's accounts are up to date!

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STRAWBERRIES

Circle all meals on the menu that have strawberries.

- How many did you find?
- How many times are strawberries in the meals served for lunch? Breakfast?
- What is your favorite way to eat strawberries?

Riverside Meadows Intermediate School

Lunch

April, 2019

1	2	3	4	5
Mac N Cheese with Garlic Bread	Baja Fishtick Tacos (2)	Chicken Strips	Rib B Que Sandwich	Smart Slice - Pepperoni
Fruit and Yogurt Parfait	Cheese Quesadilla	Bean and Cheese Burrito	Veggie Burger	Smart Slice - Cheese
BBQ Baked Beans	Zesty Coleslaw	Three Bean Salad	Seasoned Fries	Garlic Steamed Green Beans
8	9	10	11	12
Pasta with Red Sauce and Cheesy Breadstick	Southwest Chicken Bowl	Jumbo Corn Dog	Teriyaki Chicken	Primo Pepperoni Pizza
Pizza Bites and Sauce	Black Bean and Rice Bowl	Toasted Mozzarella Pinwheel	Stir Fry Edemame Bowl	Primo Cheese Pizza
Oven Roasted Parmesan Broccoli	Fajita Peppers and Onions	Roasted Corn	Stir Fry Veggies	
15	16	17	18	19
22	23	24	25	26
Bean and Cheese Burrito	Chicken Quesadilla	Chicken Nuggets	Hamburger	Smart Slice - Pepperoni
Goopy Grilled Cheese	Cheese Quesadilla	Fruit and Yogurt Parfait	Veggie Burger	Smart Slice - Cheese
Roasted Sweet Potatoes	Fajita Peppers and Onions	Roasted Parmesan Broccoli	Seasoned Fries	
29	30			
Chili Cheese Tot-chos	Beef Crunchy Tacos (2) and Rice			
Soft Pretzel and Cheese Sauce	Black Bean and Rice Bowl			
Sauteed Spinach Greens	Smooth Refried Beans			

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