

# Harvest of the Month



Network for a Healthy California



## PEARS


Circle all pears on the menu.

- How many did you find?
- What do you like best about pears?
- How many pears do you plan to eat this week?

# Riverside Meadows Intermediate School

## Breakfast

November, 2018

			1	2
			Scrambled Egg Square + Graham Crackers	Fruit and Yogurt Parfait
	Bagel + Cream Cheese	Bagel + Cream Cheese		
	Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick		
5	6	7	8	9
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
12	13	14	15	16
	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
	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bowl + Cheese Stick	Cereal Bar + Cheese Stick
19	20	21	22	23
26	27	28	29	30
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

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



[www.MYSchoolBucks.com](http://www.MYSchoolBucks.com)



@PLESDWellness



\*Menus subject to change without notice\*

Want a warm start to your morning? Cut a pear in half, remove the stem and seeds, and bake it at 350 degrees for about 20 minutes. Sprinkle with cinnamon and whole grain granola and you're ready to rock!

Monitor your student's account and make credit or debit payments online with [www.MYSchoolBucks.com](http://www.MYSchoolBucks.com)

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# 11/15/18 - National Clean Out The Fridge Day!

Lunch

November, 2018

			1	2
			Hamburger	Smart Slice - Pepperoni
			Veggie Burger	Smart Slice - Cheese
			Seasoned Fries	
5	6	7	8	9
Chili Cheese Tot-chos	Beef Crunchy Tacos (2) and Rice	Breakfast for Lunch - Sausage Links + Pancakes	Mandarin Chicken Bowl	Bosco's Pepperoni Pizza Sticks
Soft Pretzel and Cheese Sauce	Black Bean and Rice Bowl	Breakfast for Lunch - Scramble Square + Pancakes	Edemame Bowl	Bosco's Cheese Pizza Sticks
Sauteed Spinach Greens	Smooth Refried Beans	Breakfast Tator Tots	Stir Fry Veggies	Marinara Sauce
12	13	14	15	16
			Baja Fishtick Tacos (2)	Chicken Strips
			Cheese Quesadilla	Bean and Cheese Burrito
			Zesty Coleslaw	Three Bean Salad
19	20	21	22	23
26	27	28	29	30
Pasta with Red Sauce and Cheese 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	

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It's that time of year—pears make a great snack after school. Slice a pear into long “fingers” and pair with your favorite cheese for an afternoon pick-me-up!

We're proud to offer our students California grown foods!