



BREAKFAST

MARCH 2023 RIVERSIDE MEADOWS

Questions or concerns
Contact Nutrition Services
(530) 743-4428 or
mdc@riverside-meadows.org

Monday



Tuesday

Wednesday

Thursday

Friday

Bagel Mini Strawberry Creamy Cheese Filled
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Mini Waffles
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Fresh Baked Cinnamon Roll
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Assorted Muffins
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Parfait and Graham
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Apple Frudel
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Mini Pancakes
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Fresh Baked Cinnamon Roll
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Pancake Wrap
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Breakfast Pizza
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Mini Cinnis
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

French Toast
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Fresh Baked Cinnamon Roll
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Bagel Pizza
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Buttermilk Bar
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Bagel Mini Strawberry Creamy Cheese Filled
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Mini Waffles
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Fresh Baked Cinnamon Roll
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Assorted Muffins
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Parfait and Graham
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Apple Frudel
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Mini Pancakes
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Fresh Baked Cinnamon Roll
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Please be advised – All menus are subject to change without notice due to ongoing nationwide food supply shortages and product unavailability. We will continue our best efforts to serve our students with the best products available. We appreciate your patience and understanding as we work with our distributors to navigate through the shortages.

USDA is an equal opportunity provider, employer, and lender.

All meals are served with the choice of 1% white milk or nonfat chocolate milk.

Monday



Tuesday

Wednesday

Thursday

Friday

6
Domino's Smart Slice Cheese
or Pepperoni Pizza
Caesar Salad – Baby Carrots
Variety of Fresh Fruit
Chocolate Chip Cookie

7
Beef Taco Stick or Bean & Cheese
Burrito or Chef Salad
Refried Beans
Salsa – Sour Cream
Seasoned Jicama - Salad - Carrots
Variety of Fresh Fruit
Tortilla Chips

1
Chicken Tamale or Bean & Cheese
Pupusa or Chef Salad
Elote Corn – Salsa – Sour Cream
Seasoned Jicama - Salad - Carrots
Variety of Fresh Fruit
Tortilla Chips

2
ABC Nuggets or
Mac & Cheese w/ Roll
or Chef Salad
Truffula Trees
Green Salad – Baby Carrots
Variety of Fresh Fruit
Green Egg Cookie

3
Cheeseburger or
Sunbutter & Jelly Sandwich
or Chef Salad
Baked Beans
Broccoli – Green Salad - Carrots
Variety of Fresh Fruit
Chips

13
Domino's Smart Slice Cheese
or Pepperoni Pizza
Caesar Salad – Baby Carrots
Variety of Fresh Fruit
Chocolate Chip Cookie

14
Pulled Pork Sandwich or
Grilled Cheese or Chef Salad
Green Beans
Cauliflower - Salad - Carrots
Variety of Fresh Fruit
Chips

8
Pizza Pocket
or Tostada Bowl
or Chef Salad
Green Beans
Cauliflower– Salad - Carrots
Variety of Fresh Fruit
Fruit Roll Up

9
Corn Dog or
Pull Apart w/ Marinara
or Chef Salad
Tater Tots
Cucumber Sticks – Salad - Carrots
Variety of Fresh Fruit
Pretzels

10
Rib-A-Que or
Soft Pretzel w/ Cheese
or Chef Salad
Broccoli – Green Salad - Carrots
Variety of Fresh Fruit
Ice Cream Cup

20
Domino's Smart Slice Cheese
or Pepperoni Pizza
Caesar Salad – Baby Carrots
Variety of Fresh Fruit
Chocolate Chip Cookie

21
Orange Chicken Bowl or
Black Bean Rice Bowl
or Chef Salad
Stir Fry Veggies
Cauliflower – Salad - Carrots
Variety of Fresh Fruit

15
Chicken Taquitos or
Twice Grilled Cheese Quesadilla
or Chef Salad
Black Beans
Seasoned Jicama – Salad - Carrots
Variety of Fresh Fruit
Goldfish Crackers

16
Chicken Nachos
or Bean & Cheese Nachos
Steamed Corn
Cucumber Sticks – Salad - Carrots
Variety of Fresh Fruit
Fruit Roll Up

17
Shamrock Nuggets or
Mac & Cheese w/ Roll
or Chef Salad
Steamed Peas
Broccoli – Green Salad - Carrots
Variety of Fresh Fruit
Shamrock Cookie

27
Domino's Smart Slice Cheese
or Pepperoni Pizza
Caesar Salad – Baby Carrots
Variety of Fresh Fruit
Chocolate Chip Cookie

28
Beef Taco Stick or Bean & Cheese
Burrito or Chef Salad
Refried Beans
Salsa – Sour Cream
Seasoned Jicama - Salad - Carrots
Variety of Fresh Fruit
Tortilla Chips

22
Chicken Tamale or Bean & Cheese
Pupusa or Chef Salad
Elote Corn – Salsa – Sour Cream
Seasoned Jicama - Salad - Carrots
Variety of Fresh Fruit
Tortilla Chips

23
Mini Corn Dogs or
Grilled Cheese or Chef Salad
Green Beans
Cucumber Sticks – Salad - Carrots
Variety of Fresh Fruit
Fruit Roll Up

24
Cheeseburger or
Sunbutter & Jelly Sandwich
or Chef Salad
Baked Beans
Broccoli – Green Salad - Carrots
Variety of Fresh Fruit
Chips

29
Pizza Pocket
or Tostada Bowl
or Chef Salad
Green Beans
Cauliflower– Salad - Carrots
Variety of Fresh Fruit
Fruit Roll Up

30
Corn Dog or
Pull Apart w/ Marinara
or Chef Salad
Tater Tots
Cucumber Sticks – Salad - Carrots
Variety of Fresh Fruit
Pretzels

31
Rib-A-Que or
Soft Pretzel w/ Cheese
or Chef Salad
Broccoli – Green Salad - Carrots
Variety of Fresh Fruit
Ice Cream Cup

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