



# BREAKFAST

# NOVEMBER 2022

Riverside Meadows

Questions or concerns  
Contact Nutrition Services  
(530) 743-4428 or  
mdelong@plUSD.org

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY  
THANKSGIVING

Mini Cinnis  
Benefit Bar

7

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

French Toast  
Benefit Bar

14

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

21

NO SCHOOL

Apple Frudel  
Benefit Bar

28

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

Apple Frudel  
Benefit Bar

1

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

Buttermilk Bar  
Benefit Bar

8

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

Mini Waffles  
Benefit Bar

15

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

22

NO SCHOOL

Pancake Wrap  
Benefit Bar

29

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

Bagel Pizza  
Benefit Bar

2

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

Bagel Mini Strawberry Creamy  
Cheese Filled  
Benefit Bar

9

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

Breakfast Pizza  
Benefit Bar

16

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

23

NO SCHOOL

Fruit Parfait & Graham  
Benefit Bar

30

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

Mini Pancakes  
Benefit Bar

3

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

Chocolate Muffin  
Benefit Bar

10

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

Pumpkin Muffin  
Benefit Bar

17

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

24

NO SCHOOL

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

Fresh Baked Cinnamon Roll  
Benefit Bar

4

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

11

NO SCHOOL

Fresh Baked Cinnamon Roll  
Benefit Bar

18

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

25

NO SCHOOL

GIVE  
THANKS

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.

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**


**HAPPY  
THANKSGIVING**

Chicken Taquitos or 1  
Twice Grilled Cheese Quesadilla  
or Chef Salad  
Black Beans  
Broccoli Salad – Salad  
Variety of Fresh Fruit  
Goldfish Crackers

Orange Chicken Bowl or 2  
Black Bean Rice Bowl  
or Chef Salad  
Stir Fry Veggies  
Celery Sticks – Salad  
Variety of Fruit

Ham & Cheese Melt or 3  
Veggie Croissant or Chef Salad  
Steamed Corn  
Cucumber Sticks – Salad  
Variety of Fresh Fruit  
Fruit Roll Up

Chili Dog or 4  
Pull Apart w/ Marinara  
or Chef Salad  
Tater Tots  
Baby Carrots – Salad  
Variety of Fresh Fruit  
Ice Cream Cup

Domino's Smart Slice Cheese 7  
or Pepperoni Pizza  
Caesar Salad – Baby Carrots  
Variety of Fruit  
Chocolate Chip Cookie

Chicken Double Dogs or 8  
Grilled Cheese or Chef Salad  
Green Beans  
Celery Sticks – Salad  
Variety of Fresh Fruit  
Fruit Roll Up

Chicken Tamale or Bean & Cheese 9  
Pupusa or Chef Salad  
Elote Corn – Salsa – Sour Cream  
Seasoned Jicama – Salad  
Variety of Fresh Fruit  
Tortilla Chips

Chicken Nuggets or 10  
Macaroni & Cheese w/ Roll  
or Chef Salad  
Broccoli Salad – Salad  
Variety of Fruit  
Rice Krispie Treat

**NO SCHOOL** 11

Domino's Smart Slice Cheese 14  
or Pepperoni Pizza  
Caesar Salad – Baby Carrots  
Variety of Fruit  
Chocolate Chip Cookie

Pizza Pocket or Chimi Nada 15  
or Chef Salad  
Green Beans  
Celery Sticks – Salad  
Variety of Fruit  
Fruit Roll Up

Beef Taco Stick or Bean & Cheese 16  
Burrito or Chef Salad  
Elote Corn – Salsa – Sour Cream  
Seasoned Jicama – Salad  
Variety of Fresh Fruit  
Tortilla Chips

Turkey and Gravy or 17  
Macaroni and Cheese  
Orange Glazed Carrots  
Mashed Potatoes – Dinner Roll  
Variety of Fresh Fruit  
**Pumpkin Cookie**

Corn Dog or 18  
Sunbutter & Jelly Sandwich  
or Chef Salad  
Broccoli Salad – Salad  
Variety of Fruit  
Ice Cream Cup

**NO SCHOOL** 21

**NO SCHOOL** 22

**NO SCHOOL** 23

**NO SCHOOL** 24

**NO SCHOOL** 25

Domino's Smart Slice Cheese 28  
or Pepperoni Pizza  
Caesar Salad – Baby Carrots  
Variety of Fruit  
Chocolate Chip Cookie

Chicken Taquitos or 29  
Twice Grilled Cheese Quesadilla  
or Chef Salad  
Black Beans  
Broccoli Salad – Salad  
Variety of Fresh Fruit  
Goldfish Crackers

Orange Chicken Bowl or 30  
Black Bean Rice Bowl  
or Chef Salad  
Stir Fry Veggies  
Celery Sticks – Salad  
Variety of Fruit

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

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