

SEPTEMBER 2022

Riverside Meadows

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

Monday

Tuesday

Wednesday

All meals are served

with the choice of

1% white milk or

nonfat chocolate

mílk.

Breakfast Pizza

Benefit Bar

Ultimate Breakfast Bar

Bagel w/ Cream Cheese

Cereal Bowl or PopTarts

Variety of Fruit & Juice

Thursday

Friday

NO SCHOOL

12

Benefit Bar Ultimate Breakfast Bar Bagel w/ Cream Cheese Cereal Bowl or PopTarts

Mini Waffles

Benefit Bar

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

Variety of Fruit & Juice

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

> 21 Buttermilk Bar Benefit Bar Ultimate Breakfast Bar Bagel w/ Cream Cheese Cereal Bowl or PopTarts Variety of Fruit & Juice

Chocolate Muffin 28 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

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

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

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

Mini Cinnis 9 Benefit Bar Ultimate Breakfast Bar Bagel w/ Cream Cheese Cereal Bowl or PopTarts Variety of Fruit & Juice

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

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

Fruit Parfait & Graha 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

Apple Frudel

Benefit Bar

Ultimate Breakfast Bar

Bagel w/ Cream Cheese

Cereal Bowl or PopTarts

Variety of Fruit & Juice

26 French Toast 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

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.



Chocolate Chip Cookie

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Chips

Goldfish Crackers

Friday Thursday Wednesday Tuesday Monday Corn Dog or Macaroni & Ch Chicken Tenders or Bean All meals are served w/ Roll or Chef Salad Cheese Burrito or Chef Salad with the choice of Green Beans Green Beans 1% white milk or Baby Carrots - Salad Celery Sticks - Salad nonfat chocolate Variety of Fruit Variety of Fruit Dinner Roll milk. **Goldfish Crackers** 9 Chicken Tamale or Domino's Smart Slice Cheese Lasagna or Veggie Wrap Sub Sandwich or Cheese Quesadilla Pull Apart w/ Marinara Cheese Stick or Chef Salad or Pepperoni Pizza or Chef Salad or Chef Salad Green Beans or Chef Salad Refried Beans - Salsa NO SCHOOL Broccoli Salad - Salad Celery Sticks - Salad Caesar Salad – Baby Carrots Salad - Variety of Fresh Fruit Variety of Fresh Fruit Variety of Fresh Fruit Variety of Fruit Fruit Roll Up Tortilla Chips Garlic Bread Chocolate Chip Cookie Ham & Cheese Melt or Chicken Nuggets or Macaron & Hamburger or Chicken Fried Steak w/ Rolling Domino's Smart Slice Cheese Sunbutter & Jelly Sandwich Cheese w/ Roll or Chef Salad Veggie Wrap & Cheese Stid Pull Apart w/ Marinara or Pepperoni Pizza Or Chef Salad or Chef Salad Steamed Corn or Chef Salad or Chef Salad 3 Bean Salad Broccoli Salad -Salad Celery Sticks - Salad Mixed Veggies - Mashed Potatoes Caesar Salad - Baby Carrots Baby Carrots - Salad Variety of Fresh Fruit Variety of Fresh Fruit Salad - Variety of Fresh Fruit Variety of Fresh Fruit Variety of Fruit Chips **Goldfish Crackers** Ice Cream Cup Fruit Roll Up Chocolate Chip Cookie Spicy Chicken Sandwich o Stuffed Pepper or Taco Pocket or Orange Chicken Bowl o Domino's Smart Slice Che Bean & Cheese Burrito Veggie Wrap & Cheese Stick Pull Apart w/ Marinara Black Bean Rice Bowl or Pepperoni Pizza Or Chef Salad **Tater Tots** Whole Beans - Salsa Mixed Veggies - Salad Stir Fry Veggies Caesar Salad - Baby Carrots Baby Carrots - Salad Salad - Variety of Fresh Fruit Variety of Fresh Fruit Celery Sticks - Salad Variety of Fresh Fruit Variety of Fruit Tortilla Chips Ice Cream Cup Variety of Fruit Fruit Roll Up Chocolate Chip Cookie 30 Popcorn Chicken or Macaroni & Pizza Pocket or Tacos or Domino's Smart Slice Che Meatloaf w/ Roll or Cheese w/ Roll or Chef Salad Sunbutter & Jelly Sandwich Bean & Cheese Burrito Pull Apart w/ Marinara or Pepperoni Pizza or Chef Salad Steamed Corn Or Chef Salad or Chef Salad or Chef Salad Broccoli Salad - Salad Refried Beans - Salsa Celery Sticks - Salad Mixed Veggies - Mashed Potatoes Caesar Salad - Baby Carrots Variety of Fruit Variety of Fresh Fruit Salad - Variety of Fresh Fruit Salad - Variety of Fresh Fruit Variety of Fruit

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Tortilla Chips

Ice Cream Cup

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