



BREAKFAST

OCTOBER 2023

RIVERSIDE MEADOWS SCHOOL

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

Monday

Pancake Wrap **2**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

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

Parfait and Graham **16**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Pancake Wrap **23**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Breakfast Sandwich **30**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Tuesday

Mini Cinnis **3**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

French Toast **10**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Bagel Pizza **17**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Mini Cinnis **24**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Boo Berry Pancakes **31**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Wednesday

Breakfast Pizza **4**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Buttermilk Bar **11**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Breakfast Sandwich **18**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Breakfast Pizza **25**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Thursday

French Toast **5**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Assorted Muffins **12**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Mini Waffles **19**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

French Toast **26**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Friday

Fresh Baked Cinnamon Roll **6**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Fresh Baked Cinnamon Roll **13**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Fresh Baked Cinnamon Roll **20**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

Fresh Baked Cinnamon Roll **27**
Benefit Bar
Ultimate Breakfast Bar
Bagel w/ Cream Cheese
Cereal Bowl or PopTarts
Variety of Fruit & Juice

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

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.



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Monday	Tuesday	Wednesday	Thursday	Friday
2 Domino's Smart Slice Cheese or Pepperoni Pizza Caesar Salad – Baby Carrots Variety of Fresh Fruit Chocolate Chip Cookie	3 Chicken Strips or Grilled Cheese or Chef Salad Steamed Corn Cucumber Sticks – Salad - Carrots Variety of Fresh Fruit Scooby Snacks	4 Taco Pocket or Bean & Cheese Burrito or Chef Salad Refried Beans Cauliflower – Salad - Salsa Variety of Fresh Fruit Tortilla Chips	5 Nachos or Bean & Cheese Nachos Steamed Corn Seasoned Jicama – Salad - Carrots Variety of Fresh Fruit Fruit Roll Up	6 Rib-A-Que or Soft Pretzel w/ Cheese or Chef Salad Broccoli – Green Salad - Carrots Variety of Fresh Fruit Ice Cream Cup
9 Domino's Smart Slice Cheese or Pepperoni Pizza Caesar Salad – Baby Carrots Variety of Fresh Fruit Chocolate Chip Cookie	10 Orange Chicken Bowl or Black Bean Rice Bowl or Chef Salad Stir Fry Veggies Cauliflower – Salad - Carrots Variety of Fresh Fruit	11 Spicy Chicken Sandwich Soft Pretzel w/ Cheese or Chef Salad Broccoli – Green Salad - Carrots Variety of Fresh Fruit Ice Cream Cup	12 Taco Stick or Cheese Quesadilla or Chef Salad Black Beans Seasoned Jicama – Salad - Carrots Variety of Fresh Fruit Goldfish Crackers	13 Pulled Pork Sandwich or Grilled Cheese or Chef Salad Green Beans Cauliflower – Salad - Carrots Variety of Fresh Fruit Chips
16 Domino's Smart Slice Cheese or Pepperoni Pizza Caesar Salad – Baby Carrots Variety of Fresh Fruit Chocolate Chip Cookie	17 Chicken Nuggets or Grilled Cheese or Chef Salad Green Beans Cauliflower – Salad - Carrots Variety of Fresh Fruit Scooby Snacks	18 Corn Dog or Pull Apart w/ Marinara or Chef Salad Tater Tots Cucumber Sticks – Salad - Carrots Variety of Fresh Fruit Fruit Roll Up	19 Chicken Quesadilla or Cheese Quesadilla or Chef Salad Black Beans Seasoned Jicama – Salad - Carrots Variety of Fresh Fruit Goldfish Crackers	20 Cheeseburger or Grilled Cheese or Chef Salad French Fries Broccoli – Green Salad - Carrots Variety of Fresh Fruit Ice Cream Cup
23 Domino's Smart Slice Cheese or Pepperoni Pizza Caesar Salad – Baby Carrots Variety of Fresh Fruit Chocolate Chip Cookie	24 Chicken Strips or Grilled Cheese or Chef Salad Steamed Corn Cucumber Sticks – Salad - Carrots Variety of Fresh Fruit Scooby Snacks	25 Taco Pocket or Bean & Cheese Burrito or Chef Salad Refried Beans Cauliflower – Salad - Salsa Variety of Fresh Fruit Tortilla Chips	26 Nachos or Bean & Cheese Nachos Steamed Corn Seasoned Jicama – Salad - Carrots Variety of Fresh Fruit Fruit Roll Up	27 Rib-A-Que or Soft Pretzel w/ Cheese or Chef Salad Broccoli – Green Salad - Carrots Variety of Fresh Fruit Ice Cream Cup
30 Domino's Smart Slice Cheese or Pepperoni Pizza Caesar Salad – Baby Carrots Variety of Fresh Fruit Chocolate Chip Cookie	31 Teriyaki Chicken Bowl or Black Bean Rice Bowl or Chef Salad Stir Fry Veggies Cauliflower – Salad - Carrots Variety of Fresh Fruit			

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