September 2019 Riverside Student Center

		Breakfast & Lunch Menu		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	September 3, 2019	September 4, 2019	September 5, 2019	September 6, 2019
	Breakfast	Breakfast	Breakfast	Breakfast
NO SCHOOL LABOR DAY	Strawberry/Banana Yogurt	FROSTED CORN FLAKES ^ Vanilla Waffle Square ^	RICE CHEX ^ Strawberry Pancake Square ^	PEACH MINI LOAF^ String Cheese
LABOR DAT	Granola ^	Fresh Apple*	Fresh Banana	Fresh Apple*
	Diced Pears	Milk	Orange-Tangerine Juice	Milk
	Fruit Punch Juice		Milk	
	Milk			
	Lunch	Lunch	Lunch	Lunch
	HOMESTYLE SALISBURY	PEPPERONI PIZZA ^	CORN DOG ON A STICKA	CHICKEN & GREEN CHILE TAMALE
	STEAK W/GRAVY MONTEREY VEGETARIAN PATTY W/WHOLE WHEA	CHEESY PARM WRAP ^	VEGGIE NUGGETS ^ Maple Baked Beans	SOUTHWESTERN BLACK BEAN & CHEESE BURRITO ^
	Potato Wedges	Light Ranch Dressing	Baby Carrots	Jalapenos
	Mixed Fruit Cup	Orange-Tangerine Juice	Fresh Pear*	Diced Carrots
	Ketchup	Milk	Light Ranch Dressing	Fresh Banana
	Milk		Mustard & Ketchup	Taco Sauce
			BBQ Sauce Milk	Hot Sauce Milk
September 9, 2019	September 10, 2019	September 11, 2019	Milk September 12, 2019	Milk September 13, 2019
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
OLDEN GRAHAM CEREAL ^	COCOA PUFFS ^	String Cheese	VANILLA YOGURT	APPLE CINNAMON
French Toast Breakfast Square ^	Graham Crackers ^	Chocolate Chip Mini Loaf ^	Granola ^	CHEERIOS ^
Craisins	Diced Peaches	Fresh Apple*	Fresh Banana	Maple Breakfast Square ^
Fruit Punch Juice	Orange-Tangerine Juice	Assorted Jelly	Applesauce Cup	Fresh Apple*
Milk Lunch	Milk	Milk Lunch	Milk	Milk Lunch
CHICKEN DUNKERS	BAGEL DOG ^	CHICKEN TACO	Lunch MEATBALL W/WHOLE WHEAT BUN^	TERIYAKI CHICKEN PATTY
W/PARMESAN MARINARA SAUCE ^	4-CHEESE PANINI ^	VEGETARIAN CHILI W/BEANS	MINI CHEESE RAVIOLI	VEGETARIAN BURGER W/WHOLE WHEAT
CHEESE PIZZA ^ Breadstick ^	Mixed Vegetables Diced Pears	Tortilla Rounds ^ Fiesta Beans	WITH SAUCE ^ Golden Potato Rounds	Romaine Lettuce Baby Carrots
Green Beans	Ketchup	Fresh Banana	Diced Peaches	Fresh Pear*
Fresh Apple*	Mustard	Salsa	Milk	Fat Free Ranch Dressing
Milk	Milk	Milk		Mustard
				Ketchup Milk
September 16, 2019	September 17, 2019	September 18, 2019	September 19, 2019	September 20, 2019
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
TRIX ^	RASPBERRY YOGURT	BLUEBERRY MUFFIN [^]	PUMPKIN MINI LOAF ^	CORN CHEX ^
Strawberry Pancake Square ^	Granola ^	String Cheese	Fresh Banana	Vanilla Waffle Square ^
Craisins	Mixed Fruit Cup Fruit Punch Juice	Fresh Apple* Milk	Orange-Tangerine Juice Milk	Fresh Apple* Milk
Grape Juice Milk	Milk	IVIIIK	MIIK	Wilk
Lunch	Lunch	Lunch	Lunch	Lunch
PENNE PASTA W/MEAT SAUCE ^	CHEESE & GREEN CHILE TAMALE	CHICKEN QUESO BURRITO ^	FRENCH BREAD	BBQ CHICKEN W/WHOLE WHEAT BUN ^
CHEESY PARM WRAP ^	CRISPY CHICKEN PATTY W/WHOLE WHEAT BUN^	BEAN & CHEESE BURRITO ^	CHEESE PIZZA^	FRENCH TOAST STICKS W/ SCRAMBLED E
Breadstick ^	Maple Baked Beans	Romaine Lettuce	CHICKEN NUGGETS ^	French Fries
Mixed Vegetables	Diced Pears	Fresh Cucumber Slices	Corn	Diced Peaches
Fresh Orange* Milk	BBQ Sauce Hot Sauce	Fresh Pear* Fat Free Ranch Dressing	Honey Mustard Cup Fresh Apple Slices	Syrup
WIIK	Sun Splash Veggie Juice	Salsa	Milk	Ketchup Milk
	Milk	Milk	WIIIK	
September 23, 2019				
	September 24, 2019	September 25, 2019	September 26, 2019	September 27, 2019
	Breakfast	Breakfast	Breakfast	September 27, 2019 Breakfast
NO SCHOOL	Breakfast STRAWBERRY YOGURT	Breakfast CINNAMON CHEX ^	Breakfast ENGLISH MUFFIN ^	September 27, 2019 Breakfast String Cheese
NO SCHOOL	Breakfast STRAWBERRY YOGURT Granola ^	Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^	Breakfast ENGLISH MUFFIN ^ Fresh Banana	September 27, 2019 Breakfast String Cheese Peach Mini Loaf ^
NO SCHOOL	Breakfast STRAWBERRY YOGURT Granola ^ Diced Pears	Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple*	Breakfast ENGLISH MUFFIN ^ Fresh Banana Diced Peaches	September 27, 2019 Breakfast String Cheese Peach Mini Loaf ^ Fresh Apple*
NO SCHOOL	Breakfast STRAWBERRY YOGURT Granola ^	Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^	Breakfast ENGLISH MUFFIN ^ Fresh Banana	September 27, 2019 Breakfast String Cheese Peach Mini Loaf A
NO SCHOOL	Breakfast STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch	Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk Lunch	Breakfast ENGLISH MUFFIN ^ Fresh Banaa Diced Peaches Assorted Jelly Milk Lunch	September 27, 2019 Breakfast String Cheese Peach Mini Loaf A Fresh Apple* Assorted Jelly Milk Lunch
NO SCHOOL	Breakfast STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Mik Lunch RANCH TURKEY BURGER	Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk Lunch MACARONI & CHEESE	Breakfast ENGLISH MUFRN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE W/WHOLE WHEAT BUN^	September 27, 2019 Breakfast String Cheese Peach Mini Loaf ^ Fresh Apple' Assorted Jelly Milk Lunch PIZZA DIPPERS ^
NO SCHOOL	Breakfast STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WHOLE WHEA	Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Mik Lunch MACARONI & CHEESE HOT DOG W/WHOLE WHEAT BUN ^	Breakfast ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA	September 27, 2019 Breakfast String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch PIZZA DIPPERS ^ CHEESEBURGER WWHOLE WHEAT BUN/
NO SCHOOL	Breakfast STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WHOLE WHEA Golden Potto Rounds	Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Mik MacARONI & CHEESE HOT DOG W/WHOLE WHEAT BUN ^ Fresh Broccoli Florets	Breakfast ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks	September 27, 2019 Breakfast String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Mik PIZZA DIPPERS ^ CHEESEBURGER WWHOLE WHEAT BUNY Green Beans
NO SCHOOL	Breakfast STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Mik RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WHOLE WHEA Golden Potato Rounds Fresh Orange'	Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Milk Lunch MACARONI & CHEESE HOT DOG W/WHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots	Breakfast ENGLISH MUFRIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans	September 27, 2019 Breakfast String Cheese Peach Mini Loaf ^ Fresh Apple' Assorted Jelly Mik Lunch PIZZA DIPPERS ^ CHEESEBURGER W/WHOLE WHEAT BUN/ Green Beans Fresh Pear'
NO SCHOOL	Breakfast STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Milk RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WHOLE WHEA Golden Potto Rounds	Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Mik MACARONI & CHEESE HOT DOG W/WHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Bnana	Breakfast ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE W/WHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks	September 27, 2019 Breakfast String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch PIZZA DIPPERS ^ CHEESEBURGER WWHOLE WHEAT BUN/ Green Beans Fresh Pear* Mustard
NO SCHOOL	Breakfast STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Mik Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WHOLE WHEA Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Mik MACARONI & CHESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Broccoli Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard	Breakfast ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE WWHADLE WHEAT BUN^ BEAN & CHEESE PUPUSAA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Sices Light Ranch Dressing Hot Sauce	September 27, 2019 Breakfast String Cheese Peach Mini Loaf ^ Fresh Apple* Assorted Jelly Milk Lunch PIZZA DIPPERS ^ CHEESEBURGER WWHOLE WHEAT BUN/ Green Beans Fresh Pear* Mustard Ketchup Marinara Dipping Sauce
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September 30, 2019 Breakfast APPLE CINNAMON CHEERIOS ^ Vanilla Waffle Square Craisins Grape Juice Wilk Lunch CHICKEN STRIPS WINI CHEESE RAVIOLI W/SAUCE ^ Green Beans Tresh Orange* 3BQ Sauce Wilk	Breakfast STRAWBERRY YOGURT Granola ^ Diced Pears Apple Juice Mik Lunch RANCH TURKEY BURGER MONTEREY VEGETARIAN PATTY W/WHOLE WHEA Golden Potato Rounds Fresh Orange* Ketchup Mustard Chipotle Ranch	Breakfast CINNAMON CHEX ^ Maple Breakfast Square ^ Fresh Apple* Mik Lunch MACARONI & CHEESE HOT DOG WWHOLE WHEAT BUN ^ Fresh Braccol Florets Baby Carrots Fresh Banana Light Ranch Dressing Mustard Ketchup Mik	Breakfast ENGLISH MUFFIN ^ Fresh Banana Diced Peaches Assorted Jelly Milk Lunch SLOPPY JOE WWHOLE WHEAT BUN^ BEAN & CHEESE PUPUSA Fresh Crunchy Celery Sticks Maple Baked Beans Fresh Apple Sticks Light Ranch Dressing Hot Sauce Milk	September 27, 2019 Breakfast String Cheese Peach Mini Loaf ^ Fresh Apple' Assorted Jelly Mik Lunch PIZZA DIPPERS ^ CHEESEBURGER WWHOLE WHEAT BUN' Green Beans Fresh Pear* Mustard Ketchup Marinara Dipping Sauce Sun Splash Veggie Juice