

# OCTOBER 2021

Riverside Elementary

Grains are 100% Whole Grain  
or Whole Grain Rich

Breakfast includes Fruit, 100% Fruit Juice variety and  
Milk variety. Garden Bar available at Lunch daily.

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

Cereal Variety w/ String Cheese  
4  
Chicken Nuggets  
Baby Carrots & Celery  
Apple  
Milk

Muffin Variety 5  
Hot Dog on a Bun  
Romaine Garden Salad with  
Cherry Tomatoes  
Banana  
Milk

Grahams Variety & Yogurt 6  
Hot Ham & Cheese Sandwich  
RF Doritos  
Roasted Chickpeas  
100% Fruit Juice  
Milk

Breakfast Bread 7  
Hamburger on a Bun  
Ranch Veggie Salad  
Cucumber Salad  
Fruit Variety  
Milk

Cinnamon Roll 1  
Cheese Pizza  
Veggie Variety  
Fruit Variety,  
Milk

Breakfast Variety 8  
Bosco Sticks w/ Marinara  
Romaine Caesar Salad  
Fruit Variety  
Milk

Pop Tart w/ String Cheese 11  
Chicken or Cheese Quesadilla,  
Mexicali Corn  
Cucumber Slices  
Apple  
Milk

Muffin Variety 12  
BBQ Rib Sandwich  
Romaine Garden Salad with  
Cherry Tomatoes  
Banana  
Milk

Cereal Bar Variety 13  
PBJ  
Harvest Cheddar Sunchips  
Baby Carrots  
100% Fruit Juice  
Milk

Apple or Cherry Frudel 14  
Corn Dog  
Baked Beans  
Veggie Variety  
Fruit Variety  
Milk

Cinnamon Roll 15  
Pizza Crunchers  
Red Pepper Strips  
Applesauce  
Milk

Cereal Variety w/ String Cheese 18  
Breaded Chicken Sandwich  
Baby Carrots & Celery  
Apple  
Milk

Muffin Variety 19  
Scalloped Potatoes & Ham  
Dinner Roll  
Romaine Garden Salad  
Apple Wedges  
Milk

Grahams Variety & Yogurt 20  
Hot Ham & Cheese Sandwich  
RF Doritos  
Roasted Chickpeas  
100% Fruit Juice  
Milk

MEA 21  
Break

MEA 22  
Break

Nutrigrain Bar Variety 25  
Chicken Nuggets  
Baby Carrots & Celery  
Apple  
Milk

Muffin Variety 26  
Pasta & Meat Sauce  
Romaine Garden Salad with  
Cherry Tomatoes  
Banana  
Milk

Cereal Bar Variety 27  
PBJ  
Harvest Cheddar Sunchips  
Baby Carrots  
100% Fruit Juice  
Milk

Apple or Cherry Frudel 28  
Hamburger on a Bun  
Ranch Veggie Salad  
Cucumber Salad  
Fruit Variety  
Milk

Cinnamon Roll 29  
Bosco Sticks w/ Marinara  
Romaine Caesar Salad  
Fruit Variety  
Milk

This institution is an equal opportunity provider. Menus are subject to change.