

Riverside Cedar Site October 2018 Menu



1. Pancakes Hamburger Pizza Spinach Lettuce Fresh Veggies Strawberries (SOW-Chick. Noodle)	2. Break. Sand. 1. Stir Fry 2. Burrito Rice/Veggies Pineapple Fortune Cookie	3. Biscuits/Gravy Hot Turkey Sandwich Mashed Potatoes Corn Cranberry Sauce	4. Omelet 1. Runza 2. Meatloaf Baked Potato Green Beans Mixed Fruit	5. Tornadoes Hamburgers French Fries Sliced Tomatoes Steamed Broccoli Mandarin Oranges
8. Sausage/Tators BBQ Meatballs Au gratin Potatoes Dinner Roll Pears (SOW-Chili)	9. Donut Chicken Gravy Biscuits Peas Bananas	10. Coffee Cake Walking Tacos Shredded Lettuce Refried Beans Diced Tomatoes Sliced Apples	11. Scr. Eggs/Tst. Chicken Nuggets Mashed Potatoes Steamed Carrots Dinner Roll Mandarin Oranges	12. Break. Pizza Hot Ham & Cheese Coleslaw Chips Applesauce Pumpkin Bar
15. Fr. Toast Stick Steak Fingers Mashed Potatoes Corn Peaches Dinner Roll (SOW-Broc. Cheese)	16. Cinnamon Roll Spaghetti Bake Garlic Bread California Blend Sliced Oranges Ice Cream	17. Biscuits/ Gravy Chicken Strips Mashed Potatoes 3 Bean Salad Melon Dinner Roll	18. Omelet./Tst Grilled Cheese Tomato Soup Fresh Veggies Watergate Salad	19. No School 
22. Breakfast Stick Quesadilla Spanish Rice Red Peppers Tropical Fruit (SOW-Potato)	23. Long John Tator Tot Casser. Green Beans Dinner Roll Sliced Oranges	24. Breakfast Sand French Dip Curly Q's Mixed Veggies Grapes	25. Muffins 1. Stromboli 2. Turkey Sandwich Cheesy Potatoes Creamy Cucumbers Cooks Choice Fruit	26. Tornadoes Chicken Sandwich Rice Pilaf Fresh Broccoli Spiced Apples
29. Omelet Nachos Diced Tomatoes Refried Beans Meat/Cheese Strawberries (SOW-Taco)	30. Donut Mini Corn Dogs Mac./Corn Casserole Fresh Veggies Peach Cups	31. Br. Burrito Prickly Popcorn Chick. Mummy Mashed Taters Scary Dinner Rolls Alarming Applesauce Monster Bar	1. Biscuits/Gravy 1. Chef Salad 2. Sandwich Wrap Steamed Broccoli Assorted Toppings Fruit Salad	2. Breakfast Pizza Sloppy Joe Tri Tators Baked Beans Pineapple

Happy Fall Everyone! The students will be glad to know we will start serving soup this month with their sandwich choice. The kitchen would like to thank all those who donated fresh produce for us to serve, it was certainly enjoyed by all.

1%white and skim chocolate milk are served for all meals. Many fruits and vegetables are offered daily to meet USDA guidelines. USDA is an equal opportunity provider and employer. Menus are subject to change.