

October 2019

Grab N' Go

RIVERSIDE UNIFIED SCHOOL DISTRICT- NUTRITION SERVICES

6050 Industrial Avenue
Riverside, CA 92504-2800
www.riversideunified.org
(Phone) 951-352-6740

MONDAY

Meal Prices

Breakfast \$1.25

Lunch \$2.75

Milk Included

TUESDAY

1

Banana Bread
Orange Juice

Super Sloppy Joe

Picnic Coleslaw

Refreshing Grapes

WEDNESDAY

2

Assorted Cereal, Yogurt,
Smiley Banana

Sicilian Pizza

Romaine Lettuce & Ranch

Fresh Pear Wedges

THURSDAY

3

Bagel & Cream Cheese,
Rockin' Raisins

Rotisserie Chicken
Flour Tortilla

Fiesta Beans & Sliced Bell
Peppers

Crunchy Apple Slices

FRIDAY

4

Breakfast Yogurt
Jungle Crackers
Diced Peaches

BBQ at TWAIN

Hamburger

Potato Wedges

Outrageous Orange Wedges

7

Pineapple Loaf
Diced Pears

Chicken Nuggets
Corn Muffin

Bunny Carrots & Cauliflower
Clouds

Crunchy Apple Slices

8

Oatmeal Chocolate Chip Bar
Mixed Fruit

Fiesta Nachos, Salsa

Cool Cucumber Slices

Diced Honeydew Melon

9

Honey Wheat Breakfast Bun
Rockin' Raisins

Pizza Wedge

Mixed Green Salad

with Tomato Slices

Outrageous Orange Wedges

10

Assorted Cereal, Smart Crackers,
Smiley Banana

Dutch Waffles

Turkey Sausage Patty

Spudsters

Refreshing Grapes

11

Chocolate Chip Muffin Flat
Crunchy Apple Slices

BBQ at VICTORIA

Rib-A-Que Sandwich

BBQ Baked Beans

Fresh Pear Wedges

14

Breakfast Muffin
Diced Peaches

K-Pop Corn Dog

Cucumber Bean Salad

Harmonic Honeydew

15

Breakfast Yogurt, Granola
Orange Juice

Turntable Teriyaki Chicken

Rock n' Roll Rice

Fortune Cookie

Mandarin Salad

Groovin' Grapes

16

Assorted Cereal, Jungle
Crackers,
Smiley Banana

Pitch-Perfect Pizza

Super Star Salad

Funky Fruit Cup

17

Pan Dulce
Mixed Fruit

California Thursday

Chart-Topper Tamale

Hard Rock Broccoli

Stereo Strawberries

18

Breakfast Bar
Rockin' Raisins

BBQ at WASHINGTON

Crispy Chicken Sandwich

Carrot & Celery Sticks

Orchestral Oranges

21

Assorted Cereal, Yogurt
Crunchy Apple Slices

Chicken Strips, BBQ Dip,
Breadstick

Tuscany Bean Salad

Fresh Pear Wedges

22

Oatmeal Chocolate Chip Bar
Rockin' Raisins

BBQ Pulled Pork Sandwich

Coleslaw

Crunchy Apple Slices

23

Breakfast Muffin
Diced Pears

Sicilian Pizza

Carrot Coins

Diced Honeydew Melon

24

Banana Bread
Diced Peaches

Beef Soft Tacos, Salsa

Fiesta Corn

Outrageous Orange Wedges

25

Twin Breakfast Bars
Grapes

BBQ at WOODCREST

Hot Dog

Power Punch Broccoli

Frosty Fruit Cup

28

Breakfast Yogurt, Granola
Grape Juice

Bean & Cheese Burrito

Cool Cucumber Slices

Crunchy Apple Slices

29

Breakfast Bar
Crunchy Apple Slices

Teriyaki BBQ Meatballs

Aloha Roll

Bunny Carrots

Outrageous Orange Wedges

30

Pan Dulce
Smiley Banana

Pizza Wedge

Mixed Green Salad

Asian Pear Wedges

31

Assorted Cereal, Jungle Crackers,
Diced Pears

Spooky Nuggets

Corny Muffin

Jack O' Lantern Cookie

Ghostly Cauliflower

Boo Berries

Calendar Menu Notes

- Assorted cereals will be offered at breakfast everyday as an alternative option
- The rotating BBQ is scheduled every Friday at a different elementary school



MUST choose 3 items, including 1/2 cup of fruits or vegetables + 2 other food groups

National School Lunch Week 2019 October 14 — October 18



Harvest of the Month



- Grapes are full of natural sugar that will provide quick energy
- Grapes deliver vitamins, minerals, fiber, and a host of important phytochemicals to the body

Breakfast Milk

- 1% and Non-Fat White

Lunch Milk

- 1% and Non-Fat White
- Non-Fat Flavored

Menu is subject to change without prior notice.

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