



Pay

Riverbank Unified School District


November 2018



Riverbank High School Menu

www.mymealtime.com

Online

Monday	Tuesday	Wednesday	Thursday	Friday
 Harvest of the Month - Sweet Potato	Born - Tropical Regions Vitamin A & Beta Carotene Season - Aug. thru Nov. Edible Tuberous Root	 I'm going to stand outside, so if anyone asks i am outstanding	Pizza Stick **** Fish & Chips	Cooks Choice **** Bruin Burrito or Bean & Cheese Burrito
Peach Cobbler Biscuit **** Sweet & Sour Chicken w/ Brown Rice Fortune Cookie 5	Combo Biscuit **** Chicken & Cheese Tamale Nacho Chips 6	Late Start - Pop Tart **** Italian Chicken & Pasta Garlic Toast 7	Pizza Stick **** Chicken Drumstick & Dutch Waffle 8	Cooks Choice **** Bruin Burrito or Bean & Cheese Burrito 9
 12	Combo Biscuit **** Taco Salad Tortilla Chips 13	Benefit Bar **** Chicken Alfredo & Pasta Roll 14	Pizza Stick **** Tuna Casserole Fruit Pops 15	Cooks Choice **** Bruin Burrito or Bean & Cheese Burrito 16
Cereal Bar & Cheese Stix **** Orange Chicken w/ Brown Rice Fortune Cookie 19	Combo Biscuit **** Turkey & Gravy with Mash Potatoes 20	Cinnamon Square **** Min Day Cooks Choice 21	 22	23
Mini Donuts **** Thai Chicken w/ Brown Rice Fortune Cookie 26	Combo Biscuit **** Fiesta Chicken Bowl Nacho Chips 27	Late Start - Buttermilk Bar **** Spaghetti with Meat Sauce Roll 28	Pizza Stick **** Corn Dog & Garlic Fries Frozen Yogurt 29	Cooks Choice **** Bruin Burrito or Bean & Cheese Burrito 30

Items Served Everyday

Cafeteria

BREAKFAST

Bagel

Cold Cereal

LUNCH

Pepperoni Pizza

Cheese Pizza

Turkey Sandwich

Tuna Sandwich

PBJ Sandwich

Yogurt

Snack Bar

BREAKFAST

Bagel

Cold Cereal

LUNCH

Pepperoni Pizza

Cheese Pizza

Spicy Chicken Burger

Burger

PBJ Sandwich

Menu Subject

to Change

USDA DAILY REQUIREMENTS: Must Take 3 Items (One item must be a Fruit or Veggie)

SALAD BAR INCLUDES: (AHS has individual servings of the following)

Milk-1% White or Nonfat Chocolate-

Bread/Grain-

Protein/Meat-

Tossed Salad-

Fresh Veggies-

Fresh Fruit-

Canned Fruit

Fruit-

Veggie-

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