



Riverbank Unified School District

January 2019

Adelante H.S. Menu

Harvest of the Month - Grapefruit




Born - Barbados

Vitamin C & Fiber Pectin

Season - Nov. Thru April

Sour, Semi-Sweet & Bitter

Monday	Tuesday	Wednesday	Thursday	Friday
				
Strawberry Poptart **** Chicken Tenders Cook's Choice Snack 7	Breakfast Pizza **** Chicken Leg & Mini Waffles 8	Cook's Choice **** Cook's Choice Garlic Fries 9	Mini Donuts Choc. **** Spaghetto w/Meat Sauce Grape Juice Box 10	Ham/Cheese Combo **** Cook's Choice 12
Cinn. Pancakes **** Chicken Nuggets Animal Cookies 14	Breakfast Pizza **** Cinnamon Toast Maple Sausage Patties Hashbrown Patty 15	Mini Pancakes **** Chicken Littles 16	Mini Donuts Sugar **** Taco Truck Carnitas Tacos Strawberry Fruit Pop 17	Ham/Cheese Combo **** Cook's Choice 18
 1929 1968 21	Breakfast Pizza **** Chicken Leg & Mini Waffles Strawberry Milk 22	Breakfast Bun **** Cook's Choice Doritos Chips 23	Dbl Choc. Muffin **** Chili Frito Boat Lemon Raisels 24	Ham/Cheese Combo **** French Bread Pepperoni Pizza 25
Bagel w/Cr. Cheese **** Orange Chicken with Rice Chow Mein 28	Breakfast Pizza **** Casa Solana Beef Tamale Rockin' Ola Granola 29	French Tst Sticks Rib Burger 30	Mini Donuts Choc. **** Lasagna Casserole Frozen Yogurt 31	Ham/Cheese Combo **** Cook's Choice 1

BREAKFAST
Cereal Bowl & Crackers
Daily Special

LUNCH
Daily Special
Pepperoni Pizza
Spicy Chicken Burger
Cheeseburger
Sub Sandwich
Corn dog
Bean Cheese Burrito



USDA DAILY REQUIREMENTS: Must take 3 items
Bread/Grain (One item must be a
Protein/Meat Fruit or veggie)
Fruit
Veggie
Milk-1% White or Nonfat Chocolate

"The USDA and the CDE are equal opportunity providers and employers."



Sunday
Feb. 3rd

PAY ONLINE
www.mymealtime.com



Menu Subject to Change

SALAD BAR INCLUDES:
Tossed Salad
Fresh Veggies
Fresh Fruit
Canned Fruit