



Riverbank Unified School District

Born - Persia

February 2019



Vitamin K & Beta-Carotend

Adelante H.S. Menu

Season - Biennial Plant

Harvest of the Month - Carrots

Root Veggie & Variety of Colors

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| |  |  |  | Ham/Cheese Combo **** Cook's Choice 1 |
| Fudge Poptart **** Chicken Teriyaki with Rice Fortune Cookie 4 | Breakfast Pizza **** Chicken Nuggets  President Cookies 5 | Cook's Choice **** Cook's Choice Garlic Fries 6 | Mini Donuts Sugar **** Grande Beef Taco w/Refried Beans Punch Juice Box 7 | Ham/Cheese Combo **** Pizza Cheese Crunchers 8 |
|  11 | Breakfast Pizza **** Chicken Leg & Mini Waffles 12 | PBJ Wafer **** Cook's Choice Lay's Potato Chips 13 | Dbl Choc. Muffin **** Rotini  w/Meat Sauce Heart Cookie 14 | Ham/Cheese Combo **** Cook's Choice Whole Fruit Cup 15 |
|  18 | Breakfast Pizza **** Cinnamon Toast Maple Sausage Patties Hashbrown & Straw Milk 19 | Breakfast Bun **** Brd Pork Steak w/Mashers & Roll 20 | Mini Donuts Choc. **** Taco Truck Carnitas Tacos Apple Juice Box 21 | Ham/Cheese Combo **** French Bread Pepperoni  Jurassic World Grahams 22 |
| Crunchy Cinn. Fries ****  Orange Chicken with Chow Mein Fortune Cookie 25 | Breakfast Pizza **** Chicken Leg & Mini Waffles Cheese Popcorn  26 | French Tst Sticks Enchiliada Soup w/Grilled Cheese Frozen Yogurt 27 | Mini Donuts Sugar **** Chicken Alfredo w/Penne Pasta Fiesta Raisels  28 | Ham/Cheese Combo **** Cook's Choice 1 |

BREAKFAST
Cereal Bowl & Crackers
Daily Special

LUNCH
Daily Special
Pepperoni Pizza
Spicy Chicken Burger
Cheeseburger
Sub Sandwich
Corndog
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."

PAY ONLINE
www.mymealtime.com



Menu Subject to Change

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