







# Riverbank Unified School District

## Riverbank High School Menu

August 2019



Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Harvest of the Month - Watermelon</b>	<p>Born - West Africa</p> <p>92% Water</p> <p>Season - August thru November</p> <p>Seeds found in Pharaoh Tombs</p>	 <a href="http://www.mymealtime.com">www.mymealtime.com</a> <b>PAY ONLINE</b>		 <b>Reminder: Complete Free/Red lunch application Online or paper copy</b>
 <b>BACK to SCHOOL</b>		<b>Cinn Roll</b> **** <b>Deli Stick &amp; Frozen Fruit Cup</b>	<b>Benefit Bar</b> **** <b>BBQ Rib Sandwich with Slaw</b>	<b>Cooks Choice</b> **** <b>Bruin Burrito or Bean &amp; Cheese Burrito</b>
<b>PBJ Wafer &amp; Cheese Stick</b> **** <b>Orange Chicken w/ Brown Rice</b> Fortune Cookie	<b>Combo Biscuit</b> **** <b>Super Nachos w/ Tortilla Chips</b>	<b>Mini Donuts</b> **** <b>Mac Cheese &amp; Garlic Bread</b>	<b>Pizza Stick</b> **** <b>Drumstick &amp; Dutch Waffle</b>	<b>Cooks Choice</b> **** <b>Bruin Burrito or Bean &amp; Cheese Burrito</b>
<b>UBR Bar</b> **** <b>Sweet &amp; Sour Chicken w/ Brown Rice</b> Fortune Cookie	<b>Combo Biscuit</b> **** <b>Taco Salad w/ Tortilla Chips</b>	<b>Late Start - Pretzel &amp; Ches</b> **** <b>Cheese &amp; Pepperoni Lil' Bites</b>	<b>Breakfast Bun</b> **** <b>Chicken Sandwich</b>	<b>Cooks Choice</b> **** <b>Bruin Burrito or Bean &amp; Cheese Burrito</b>
<b>Yogurt &amp; Super Donut</b> **** <b>Fire Roasted Chicken Bowl</b> Fortune Cookie	<b>Combo Biscuit</b> **** <b>Tostada Bowl</b>	<b>Muffin</b> **** <b>Chicken Alfredo Pasta &amp; Roll</b>	<b>Pancake Sausage Bites</b> **** <b>Pop Corn Chicken &amp; Super Donut</b>	<b>Cooks Choice</b> **** <b>Bruin Burrito or Bean &amp; Cheese Burrito</b>

### Items Served Everyday

- \*\*\*\*
- Cafeteria**
- BREAKFAST**
- Bagel
  - Cold Cereal
- LUNCH**
- Pepperoni Pizza
  - Turkey Sandwich
  - Tuna Sandwich
  - PBJ Sandwich
  - Yogurt

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### Snack Bar

**BREAKFAST**

- Bagel
  - Cold Cereal
- LUNCH**
- Pepperoni Pizza
  - Spicy Chicken Burger
  - Cheese Burger
  - PBJ Sandwich
  - Turkey Sandwich
- \*\*\*\*

### Menu Subject to Change

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

SALAD BAR INCLUDES:

- Milk-1% White or Nonfat Chocolate-
- Bread/Grain-
- Protein/Meat-
- Fruit-
- Veggie-
- Tossed Salad-
- Fresh Veggies-
- Fresh Fruit-
- Canned Fruit

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