



Riverbank Unified School District

Cardozo Middle School Menu

October 2019



Harvest of the Month - Apples

2017 - 83 million Tons Produced

Moderate Content of Fiber

Born - Centra Asia

Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast Pizza **** Cook's Choice Seasoned Fries 1	Apple Frudel **** Barbacoa Pork Burrito 2	Mini Donuts Sugar **** Beef Lasagna Casserole & WW Roll Apple Juice Box 3	Ham/Cheese Combo **** Galaxy Pepperoni Pizza 4
Cinn. Glaze Pancakes **** Teriyaki Chicken w/ Brown Rice Fortune Cookie 7	Breakfast Pizza **** Pork Tamale Apple Cinn. Bear Graham 8	Breakfast Bun **** Chicken Leg & Mini Waffles 9	Dbl Choc. Muffin **** Grande Soft Taco w/ Refried Beans Whole Fruit Cup 10	Chicken & Biscuit **** French Bread Pepperoni Pizza 11
French Toast Sticks **** Chicken Fries Pizza Bites 14	Breakfast Pizza **** Verde Cheese Enchiladas Strawberry Milk 15	Apple/Cinn Bear Paw **** Cinnamon Toast Maple Sausage Patties 16	Mini Donuts Choc. **** Rotini Noodles w/ Meat Sauce Orange Slush Cup 17	Ham/Cheese Combo **** Deep Dish Pepperoni Pizza 18
Apple Pancake Bowl **** Orange Chicken w/ Brown Rice Fortune Cookie 21	Breakfast Pizza **** Lasaga Rollup & Garlic Bread 22	Breakfast Bun **** Chicken Leg & Mini Waffles 23	Mini Donuts Sugar **** Chili & Cheese in a Cornbred Bowl Orange Raisels 24	Ham/Cheese Combo **** Pizza Cheese Crunchers Bunny Grahams 25
Sausage & Pancake Bites **** Chicken Tenders Abby's Shortbread Cookie 28	Breakfast Pizza **** Cook's Choice Potato Chips 29	Pumpkin Spice Scone **** Taco Truck Shredded Pork 30	Dutch Waffle **** Grande Soft Taco w/ Refried Beans Caramel Apple 1rz Yogurt 31	

Items Served Everyday

BREAKFAST

Cold Cereal

LUNCH

Bean/Cheese Burrito

Cheeseburger

Corndog

Pizza

Sandwich

Spicy Chicken Burger

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

Milk-1% White or Nonfat
Chocolate-Fruit-

Bread/Grain-

Protein/Meat-

Veggie-

SALAD BAR INCLUDES:

Tossed Salad-

Fresh Veggies-

Fresh Fruit-

Canned Fruit

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

Menu Subject to Change