



# Riverbank Unified School District

## Riverbank High 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
	<b>Combo Biscuit</b> **** <b>Carnitas Tacos &amp; Beans</b> 1	<b>Apple/Cinn Benefit Bar</b> **** <b>Chicken Alfredo Pasta &amp; Roll</b> 2	<b>Pancake Sausage Bites</b> **** <b>Drumstick &amp; Dutch Waffle</b> 3	<b>Cooks Choice</b> **** <b>Bruin Burrito or Bean &amp; Cheese Burrito</b> 4
<b>Breakfast Bun</b> **** <b>Sweet &amp; Sour Chicken w/ Brown Rice</b> Fortune Cookie 7	<b>Combo Biscuit</b> **** <b>Super Nachos w/ Tortilla Chips</b> 8	<b>Late Start -Apple Jacks/Chs Stix</b> **** <b>Italian Sausage Pasta</b> Garlic Bread 9	<b>Mini Donuts</b> **** <b>Pop Corn Chicken &amp; Stuffed Cheese Stix</b> 10	<b>Cooks Choice</b> **** <b>Bruin Burrito or Bean &amp; Cheese Burrito</b> 11
<b>Yogurt &amp; Super Donut</b> **** <b>Lemongrass Chicken w/ Brown Rice</b> Fortune Cookie 14	<b>Combo Biscuit</b> **** <b>Tostada Bowl</b> Nacho Doritos 15	<b>Apple/Cinn Bear Paw</b> **** <b>Cheese &amp; Pepperoni Lil' Bites</b> 16	<b>Pizza Stick</b> **** <b>Min Day Cooks Choice</b> 17	<b>Cooks Choice</b> **** <b>Bruin Burrito or Bean &amp; Cheese Burrito</b> 18
<b>Apple/Cinn Muffin</b> **** <b>Teriyaki Chicken w/ Brown Rice</b> Fortune Cookie 21	<b>Combo Biscuit</b> **** <b>Chicken Tamale &amp; Beans</b> 22	<b>Late Start - UBR Bar</b> **** <b>Mac Cheese &amp; Garlic Bread</b> 23	<b>Sausage Biscuit</b> **** <b>Chicken Sandwich</b> Fries 24	<b>Cooks Choice</b> **** <b>Bruin Burrito or Bean &amp; Cheese Burrito</b> 25
<b>Apple/Cinn Chewie Bar</b> **** <b>Orange Chicken w/ Brown Rice</b> Fortune Cookie 28	<b>Combo Biscuit</b> **** <b>Bean &amp; Cheese Pupusa &amp; Spanish Rice</b> 29	<b>Late Start - Cereal Bar/Yogurt</b> **** <b>BBQ Sandwich OR Cheeseburger</b> 30	<b>Pumpkin Bread</b> **** <b>Finger Sticks (Chicken) &amp; Jack O Lantern (Pretzel)</b> Caramel Apple Yogurt 31	

### Items Served Everyday

#### Cafeteria

#### BREAKFAST

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

#### 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)

Milk-1% White or Nonfat Chocolate-  
Fruit-  
Bread/Grain-  
Veggie-  
Protein/Meat-

SALAD BAR INCLUDES:

Tossed Salad-  
Fresh Fruit-  
Fresh Veggies-  
Canned Fruit

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