



# Riverbank Unified School District

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

## Items Served Everyday

### **BREAKFAST**

Cold Cereal

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### **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-  
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."

**Menu Subject to Change**