

Riverbank Unified School District

Born - Tropical Regions

November 2019



Vitamin A & Beta Carotene

Elementary Lunch Menu

Season - Aug. thru Nov.

Harvest of the Month - Sweet Potato

Edible Tuberous Root



Monday	Tuesday	Wednesday	Thursday	Friday
				Galaxy Pepperoni Pizza Or Turkey/Che Sandwich 1
Teriyaki Chicken with Rice Or Yogurt/Che/Granola Fortune Cookie 4	Corndog Or Grilled Cheese  Sweet Potato Tots 5	Chicken & Mini Waffles Or PBJ/String Cheese 6	Rotini Noodles with Meat Sauce  Or Chips & Bean Dip Raisels 7	Garlic Cheese Bread Or Turkey/Che Sandwich Animal Crackers 8
 11	Cheeseburger Or Bean/Cheese Burrito Fritos Corn Chips 12	Cinnamon Toast Maple Sausage Patties Or PBJ/String Cheese Hashbrown Patty 13	Grande Soft Taco with R Beans  Or Pretzels & Nacho Sauce Horchata Frozen Ice 14	Deep Dish Pepperoni Pizza Or Tuna Sandwich 15
Tyson Waffle Chicken Nuggets  Or Yogurt/Che/Granola Strawberry Delight 18	Barbacoa Pork Burrito Or Grilled Cheese Sandwich Strawberry Milk 19	Chicken & Mini Waffles  Or PBJ/String Cheese Salted Carmel Frozen Yogurt 20	Turkey N' Gravy w/Mashers & Roll Or Chips & Nacho Sauce Cranberry Juice & Sauce 21	Pizza Cheese Crunchers Or Turkey/Che Sandwich 22
Orange Chicken with Rice Or Yogurt/Che/Granola Fortune Cookie 25	Rib Burger Or Bean/Cheese Burrito 26	Pork Tamale Or PBJ/String Cheese Turkey Cookie 27	 29	

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."

Menu Subject to Change

SALAD BAR INCLUDES:

Tossed Salad
Fresh Veggies
Fresh Fruit
Canned Fruit



PAY ONLINE
www.mymealtime.com