



Riverbank Unified School District

Riverbank High School Menu

November 2019

















Harvest of the Month - Sweet Potato

Born-Tropical Regions

Vitamin A & Beta Carotene

Edible Tuberous Root

Monday	Tuesday	Wednesday	Thursday	Friday
				Cooks Choice ****
Sweet Potato Cinn Roll ****	Combo Biscuit ****	Breakfast Bun ****	Muffin **** 	Cooks Choice ****
Sweet & Sour Chicken w/ Brown Rice Fortune Cookie 4	 Chicken & Cheese Quesadilla 5	Cheesy Burger Sweet Potato Waffle Fries  6	Buffalo Drumstick & Baked Sweet Potato Dinner Roll 7	Bruin Burrito or Bean & Cheese Burrito 8
 No School	Combo Biscuit **** 	Late Start- Pan Dulce ****	Egg & Cheese Sandwich ****	Cooks Choice ****
	Verde Cheese Enchiladas & Beans 12	Fish & Chips OR Grilled Cheese Sandwich 13	Chicken Sandwich  Sweet Potato Fries 14	Bruin Burrito or Bean & Cheese Burrito 15
Yogurt & Super Donut ****	Combo Biscuit ****	UBR Bar ****	Pumpkin Bread ****	Cooks Choice ****
Teriyaki Chicken w/ Brown Rice Fortune Cookie 18	Fiesta Chicken Bowl Tortilla Chips 19	Chili Dog OR Corn Dog Sweet Potato Tots  20	Turkey & Gravy & Mash Potatoes Dinner Roll 21	Bruin Burrito or Bean & Cheese Burrito 22
Cooks Choice ****	Combo Biscuit ****	 Choc Chip Sweet Potato Muffin ****		
Orange Chicken w/ Brown Rice Fortune Cookie 25	Chicken Tamale & Beans Hot Coco Yogurt  26	Min Day Cooks Choice 27	No School	No School

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)

SALAD BAR INCLUDES: Tossed Salad, Fresh Veggies, Fresh Fruit and Canned Fruit

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

PAY ONLINE

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

www.mymealtime.com



