

RIVERVIEW ELEMENTARY LUNCH



					Choose MyPlate gov
Monday	Tuesday	Wednesday	Thursday	Friday	What is a Meal?
12/30/19	12/31/19	1/1/20	1/2/20	1/3/20	You must choose at least 3 of the 5
			Popcorn Chicken Bowl	Stuffed Crust Pizza	components available for the school lunch price. A minimum of 1/2 cup
			or	or	serving of fruit or a minimum of a 1/2
			Alternate Entrees	Alternate Entrees	cup of vegetable must accompany a
					reimbursable lunch
			Featured Veggies:	Featured Veggies:	Meat or meat alternate
			Mashed Potatoes	Steamed Crrots	Choice of Vegetable
			Steamed Corn Choice of Fruit	Cucumber Slices Choice of Fruit	Choice of Fruit
			Choice of Milk	Choice of Milk	Grain/Bread Choice of Milk - 1% white, fat-free
			3	4	white, chocolate, vanilla and strawberry
1 // /20	1 /7 /20	1 /0 /20	_		•
1/6/20 BBQ Pork	1/7/20 Macaroni & Cheese	1/8/20 Chicken Lomein	1/9/20 Spicy Chicken	1/10/20 Italian Style Meatballs	-
w/ Whole Grain Roll	Macaroni & Cheese	Chicken Loniem	on WG Bun	w/ Breadstick	Weekly Vegetable
or	or	or	or	or	Subgroups May Include:
Alternate Entrees	Alternate Entrees	Alternate Entrees	Alternate Entrees	Alternate Entrees	Dark Green - spinach, broccoli,
-					romaine and spring salad
Featured Veggies: Wedge Fries	Featured Veggies: Stewed Tomatoes	Featured Veggies: Steamed Broccoli	Featured Veggies: French Fries	Featured Veggies: Steamed Carrots	Red/Orange - carrots, sweet potatoes,
Fresh Broccoli	Sliced Cucumbers	Carrot Sticks	Romaine Salad	Cucumber Slices	tomatoes and red peppers
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Legumes - beans and peas Starchy White - potatoes, corn, peas
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	and lima beans
6	1	2	<u>3</u>	4	Other Vegetables - celery sticks,
1/13/20	1/14/20	1/15/20	1/16/20	1/17/20	cucumbers, cauliflower, green
Pulled Pork	Walking Taco	Chicken Tenders	French Toast Sticks	School Made Pizza	 peppers, green beans, cabbage and green peppers
Hoagie		w/ WG Rol	w/ Sausage Links		green peppers
or	or	or	or	or	
Alternate Entrees	Alternate Entrees	Alternate Entrees	Alternate Entrees	Alternate Entrees	Daily Fruit Selections
Featured Veggies:	Featured Veggies:	Featured Veggies:	Featured Veggies:	Featured Veggies:	May Include:
Baked Beans	Black Beans	Steamed Green Beans	Sweet Potato Tots	Italian Style Eggplant	oranges, apples, bananas, grapes,
Sliced Cucumber	Red Pepper Strips	Cucumber Slices	Carrot Sticks	Italian Salad	pears, peaches, cantaloupe, melon,
Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	strawberries, applesauce, pineapple
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	and mandarin oranges
		I			4
5	6	1	2	3	
	6 1/21/20	1 1/22/20	2 1/23/20	3 1/24/20	1
5	6	1 1/22/20 Popcorn Chicken	2	3 1/24/20 The Maxx Pizza Sticks	
5	6 1/21/20 Beef Tacos (2)	1 1/22/20	2 1/23/20 Corn Dog Nuggets	3 1/24/20 The Maxx Pizza Sticks w/ Marinara	
5	6 1/21/20	1 1/22/20 Popcorn Chicken w/ Buttered Noodles	2 1/23/20	3 1/24/20 The Maxx Pizza Sticks	LEAVE YOUR LUNCH AT HOME
5	6 1/21/20 Beef Tacos (2) or	1 1/22/20 Popcorn Chicken w/ Buttered Noodles or	2 1/23/20 Corn Dog Nuggets or	3 1/24/20 The Maxx Pizza Sticks w/ Marinara or	
5	6 1/21/20 Beef Tacos (2) or Alternate Entrees Featured Veggies:	1 1/22/20 Popcorn Chicken w/ Buttered Noodles or Alternate Entrees Featured Veggies:	2 1/23/20 Corn Dog Nuggets or Alternate Entrees Featured Veggies:	The Maxx Pizza Sticks w/ Marinara or Alternate Entrees Featured Veggies:	LEAVE YOUR LUNCH AT HOME DAILY OPTIONS:
5	6 1/21/20 Beef Tacos (2) or Alternate Entrees Featured Veggies: Steamed Corn	1 1/22/20 Popcorn Chicken w/ Buttered Noodles or Alternate Entrees Featured Veggies: Steamed Green Beans	2 1/23/20 Corn Dog Nuggets or Alternate Entrees Featured Veggies: Steamed Broccoli	3 1/24/20 The Maxx Pizza Sticks w/ Marinara or Alternate Entrees Featured Veggies: Steamed Corn	DAILY OPTIONS:
5	6 1/21/20 Beef Tacos (2) or Alternate Entrees Featured Veggies: Steamed Corn Tomato and Onion Salsa	1 1/22/20 Popcorn Chicken W/ Buttered Noodles or Alternate Entrees Featured Veggies: Steamed Green Beans Cucumber Slices	2 1/23/20 Corn Dog Nuggets or Alternate Entrees Featured Veggies: Steamed Broccoli Celery Sticks	3 1/24/20 The Maxx Pizza Sticks w/ Marinara or Alternate Entrees Featured Veggies: Steamed Corn Cherry Tomatoes	DAILY OPTIONS: Chicken Patty
5	6 1/21/20 Beef Tacos (2) or Alternate Entrees Featured Veggies: Steamed Corn Tomato and Onion Salsa Choice of Fruit	1 1/22/20 Popcorn Chicken W/ Buttered Noodles or Alternate Entrees Featured Veggies: Steamed Green Beans Cucumber Slices Choice of Fruit	2 1/23/20 Corn Dog Nuggets or Alternate Entrees Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit	The Maxx Pizza Sticks w/ Marinara or Alternate Entrees Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit	DAILY OPTIONS: Chicken Patty Pizza Slice
5	6 1/21/20 Beef Tacos (2) or Alternate Entrees Featured Veggies: Steamed Corn Tomato and Onion Salsa Choice of Fruit Choice of Milk	1 1/22/20 Popcorn Chicken W/ Buttered Noodles or Alternate Entrees Featured Veggies: Steamed Green Beans Cucumber Slices Choice of Fruit Choice of Milk	2 1/23/20 Corn Dog Nuggets or Alternate Entrees Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk	3 1/24/20 The Maxx Pizza Sticks w/ Marinara or Alternate Entrees Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk	Chicken Patty Pizza Slice Yogurt Craveable
5 1/20/20	6 1/21/20 Beef Tacos (2) or Alternate Entrees Featured Veggies: Steamed Corn Tomato and Onion Salsa Choice of Fruit Choice of Milk 4	1 1/22/20 Popcorn Chicken w/ Buttered Noodles or Alternate Entrees Featured Veggies: Steamed Green Beans Cucumber Slices Choice of Fruit Choice of Milk	2 1/23/20 Corn Dog Nuggets or Alternate Entrees Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk 6	3 1/24/20 The Maxx Pizza Sticks w/ Marinara or Alternate Entrees Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk 1	Chicken Patty Pizza Slice Yogurt Craveable Turkey Sandwich Craveable
5 1/20/20 1/27/20	6 1/21/20 Beef Tacos (2) or Alternate Entrees Featured Veggies: Steamed Corn Tomato and Onion Salsa Choice of Fruit Choice of Milk 4 1/28/20	1 1/22/20 Popcorn Chicken W/ Buttered Noodles or Alternate Entrees Featured Veggies: Steamed Green Beans Cucumber Slices Choice of Fruit Choice of Milk 5 1/29/20	2 1/23/20 Corn Dog Nuggets or Alternate Entrees Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk 6 1/30/20	3 1/24/20 The Maxx Pizza Sticks w/ Marinara or Alternate Entrees Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk 1 1/31/20	Chicken Patty Pizza Slice Yogurt Craveable
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1/27/20 Loaded Baked Potato W/WG Breadstick or Alternative Entrées Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk 2/3/2020 Chicken Nuggets W/WG Roll or	6 1/21/20 Beef Tacos (2) or Alternate Entrees Featured Veggies: Steamed Corn Tomato and Onion Salsa Choice of Fruit Choice of Milk 4 1/28/20 Mac & Cheese or Alternate Entrees Featured Veggies: Stewed Tomatoes Carrot Sticks Choice of Fruit Choice of Milk 3 2/4/2020 Nachos Grande or	1 1/22/20 Popcorn Chicken w/ Buttered Noodles or Alternate Entrees Featured Veggies: Steamed Green Beans Cucumber Slices Choice of Fruit Choice of Milk 5 1/29/20 Toasted Cheese or Alternate Entrees Featured Veggies: Tomato Soup Cucumber Slices Choice of Fruit Choice of Milk 4 2/5/2020 General Tso Chicken w/ WG Rice or	2 1/23/20 Corn Dog Nuggets or Alternate Entrees Featured Veggies: Steamed Broccoli Celery Sticks Choice of Fruit Choice of Milk 6 1/30/20 Stuffed Shells w/ WG Texas Toast or Alternate Entrees Featured Veggies: Steamed Spinach Italian Salad Choice of Fruit Choice of Milk 5 2/6/2020 Stuffed Shells w/ WG Texas Toast or	3 1/24/20 The Maxx Pizza Sticks w/ Marinara or Alternate Entrees Featured Veggies: Steamed Corn Cherry Tomatoes Choice of Fruit Choice of Milk 1 1/31/20 The Maxx Pizza Sticks w/ Marinara or Alternate Entrees Featured Veggies: Green Beans Cherry Tomatoes Choice of Fruit Choice of Milk 6 2/7/2020 Corn Dog Nuggets	Chicken Patty Pizza Slice Yogurt Craveable Turkey Sandwich Craveable
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