



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	1	2	3
Riverside continues to use Community Eligibility Provision program to feed all students at no charge. All children enrolled in our schools can eat for free and there is no application required! We are committed to providing every student in our school community with all the tools they need to succeed, including nutritious meals that everyone can enjoy together.				BREAKFAST Breakfast Pizza LUNCH Teriyaki Glazed Meatballs with Rice	BREAKFAST Zucchini Bread LUNCH Bosco Pepperoni Pizza Stick & String Cheese	
4	5	6	7	8	9	10
						
11	12	13	14	15	16	17
<u>Breakfast Meal Includes:</u> Entrée, Milk, and Fruit	BREAKFAST Cherry Apple Crunch Bar LUNCH Cheesy Pull-Apart Italian Bread	BREAKFAST Pop-Tart & Graham Crackers LUNCH Spinach Corn & Cheese Quesadilla	BREAKFAST Cinnamon Glazed Pancakes LUNCH Turkey Sub Sandwich	BREAKFAST Blueberry Muffin LUNCH Orange Chicken and Brown Rice	BREAKFAST Pumpkin Bread LUNCH Bean & Cheese Pupusa	FREE MEALS FOR ALL STUDENTS
18	19	20	21	22	23	24
<u>Lunch Meal Includes:</u> Entrée, Milk, Fruit and Vegetables	BREAKFAST Cereal Bowl & Cheddar Cubes LUNCH Cheese Ravioli in Marinara Sauce	BREAKFAST Maple Waffles LUNCH Xtreem Bean & Cheese Burrito	BREAKFAST Oatmeal Raisin Breakfast Bar LUNCH Peanut Butter & Jelly Sandwich	BREAKFAST Cereal Bar & String Cheese LUNCH Asian Beef & Ramen Noodles Bowl	BREAKFAST Donut Bites LUNCH Chicken Tenders & Waffles	All bread products served to students are 100% Whole Grain
25	26	27	28	29	30	31
FREE MEALS FOR ALL STUDENTS	BREAKFAST Snack'n Waffle LUNCH Hamburger	BREAKFAST Mini Bagels Cream Cheese Filled LUNCH Cheese Enchiladas with Green Sauce	BREAKFAST Nutri-grain Bar & Yogurt Cup LUNCH Turkey Spinach & Cranberry Pin Wheels	BREAKFAST Apple Cinnamon Muffin LUNCH Chicken Chow Mein Noodles		
Breakfast provides the body and brain with fuel after an overnight fast-that's where its name originates, breaking the fast! Without breakfast you are effectively running on empty, like trying to start the car with no petrol! Our food service program offers families the convenience and value for busy parents. This institution is an equal opportunity provider.				October is Eat with Family Month. "Eat Together, Eat Better". When families eat together they eat more nutritiously and a greater variety of foods. Click on the links for recipes and tools to help bring your family bond together around family meals. https://s3.wp.wsu.edu/uploads/sites/414/2015/01/ETEB_Recipes-Set1_ENG.pdf https://s3.wp.wsu.edu/uploads/sites/414/2015/01/ETEB_Recipes-Set2_ENG.pdf		