

May 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
<p>Advantages of Eating in The A.M. When you eat breakfast you're telling your body that there are plenty of calories to be had for the day. When you skip breakfast the message your body gets is that it needs to conserve rather than burn any incoming calories, (Christy C. Tangney, PhD, Professor of Clinical Nutrition at Rush University).</p>			<p><u>BREAKFAST</u> Pumpkin Bread</p> <p><u>LUNCH</u> Turkey & Cheese Sliders</p>	<p><u>BREAKFAST</u> Snack'n Waffle</p> <p><u>LUNCH</u> Waffle & Chicken Nuggets</p>	<p><u>BREAKFAST</u> Banana Muffin</p> <p><u>LUNCH</u> Turkey Tostada</p>	<p>Lunch Meal Includes: Entrée, Milk, Fruit and Vegetables</p>
5	6	7	8	9	10	11
	<p><u>BREAKFAST</u> Oatmeal Raisin Bar</p> <p><u>LUNCH</u> Beef Patty on a Bun</p>	<p><u>BREAKFAST</u> Pop-Tart & Cheese Cubes</p> <p><u>LUNCH</u> Cheese Enchilada</p>	<p><u>BREAKFAST</u> Bagel with Cream Cheese</p> <p><u>LUNCH</u> Chicken Patty Sandwich</p>	<p><u>BREAKFAST</u> Mini Pancakes</p> <p><u>LUNCH</u> Brunch-French Toast and Sausage</p>	<p><u>BREAKFAST</u> Honey Breakfast Bar</p> <p><u>LUNCH</u> Turkey Sub Sandwich</p>	<p>Lunch Meal Price: Riverside & Kings Ridge Student Reduce: \$0.00 Riverside & Kings Ridge Student Paid: \$3.30</p>
12	13	14	15	16	17	18
<p>Breakfast Meal Price: Riverside & Kings Ridge Student Breakfast: \$0.00</p>	<p><u>BREAKFAST</u> Cereal Bar & Graham Crackers</p> <p><u>LUNCH</u> French Bread Pizza</p>	<p><u>BREAKFAST</u> Cinnamon Apple Oatmeal Round</p> <p><u>LUNCH</u> Chicken Tenders & Bread Stick</p>	<p><u>BREAKFAST</u> French Toast</p> <p><u>LUNCH</u> Turkey Sub Sandwich</p>	<p><u>BREAKFAST</u> Yogurt Cup & Lil Square Grahams</p> <p><u>LUNCH</u> Cheese Quesadilla</p>	<p><u>BREAKFAST</u> Carrot Bun</p> <p><u>LUNCH</u> BBQ Chicken Fries & Garlic Knot</p>	<p>Lunch Meal Price: MIT Student Reduced: \$0.00 MIT Student Paid: \$3.30</p>
19	20	21	22	23	24	25
<p>Breakfast Meal Price: MIT Student Breakfast Reduced: \$0.00 MIT Student Paid: \$1.75</p>	<p><u>BREAKFAST</u> Cinnamon Bun</p> <p><u>LUNCH</u> Breaded Baked Chicken</p>	<p><u>BREAKFAST</u> Blueberry Muffin Top</p> <p><u>LUNCH</u> Chicken Tacos</p>	<p><u>BREAKFAST</u> Cereal Bar & String Cheese</p> <p><u>LUNCH</u> Emoji Waffles, Yogurt Cup and Cheese</p>	<p><u>BREAKFAST</u> Superstar Combread</p> <p><u>LUNCH</u> Bosco Stick</p>	<p><u>BREAKFAST</u> Manager's Choice</p> <p><u>LUNCH</u> Manager's Choice</p>	
26	27	<h2>Summer Food Service</h2>				
<p>Breakfast Meal Includes: Entrée, Milk, and Fruit</p>	<p>This institution is an equal opportunity provider.</p>	<p>We will be offering summer food service at Riverside Traditional and MIT schools. Summer Food Service is a free meal program for all children ages 18 and younger. For general information on Summer Food Service, please visit https://www.azhealthzone.org/resources/ to find sites closest to you that are offering summer food service.</p>				
<p>Summer Food Schedule will be posted at the school sites with dates and times. Breakfast and Lunch must be consumed inside the cafeteria.</p>						