





September 2022



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Menu is subject to change without prior notice and based on product availability. Offering Daily Milk choices: 1% White, Fat Free White, and Fat Free Chocolate.	29	30 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.	31	1 BREAKFAST Oatmeal Raisin Breakfast Bar LUNCH Baked Chicken Nuggets and Bread Stick	2 BREAKFAST Cherry Apple Crunch Bar LUNCH Chicken Fajita Sandwich	3 
4 	5 Labor Day - No School	6 BREAKFAST WG Cocoa Puffs Cereal, String Cheese LUNCH Traditional Waffles and Chicken Tenders	7 BREAKFAST WG French Toast LUNCH Hamburger	8 BREAKFAST Banana Cocoa Breakfast Bar LUNCH WG Cheese Pizza	9 BREAKFAST Cinnamon Grips and Mini Breakfast Loaf LUNCH BBQ Chicken Sandwich or Turkey Chef Salad	10 <u>Breakfast Meal Price:</u> Riverside & Kings Ridge Student Breakfast: \$0.00
11 All bread product served to students are 100% Whole Grain	12 BREAKFAST Fruit Flavored Yogurt and Teddy Grahams LUNCH WG French Toast Sticks and Turkey Sausage Or Breakfast Pack	13 BREAKFAST Mini Bagels with Cream Cheese LUNCH Home Made Bean & Cheese Burrito	14 BREAKFAST Nutri-Grain Bar and Goldfish Crackers LUNCH Ballpark Hot Dog or Turkey Sub Sandwich	15 BREAKFAST Breakfast Burrito LUNCH Three Cheese Enchiladas	16 Teacher Professional Development Day- No School	17 <u>Breakfast Meal Price:</u> MIT Student Breakfast Reduced: \$0.30 MIT Student Paid: \$1.75
18 	19 BREAKFAST Banana Mini Loaf and Cheddar Cheese Cubes LUNCH Cheese Filled Pizza Breadstick, String Cheese	20 BREAKFAST Mini Pancakes LUNCH Chinese EggRoll and Chicken Fried Rice	21 BREAKFAST Cinnamon Breakfast Bar LUNCH BBQ Beef Sandwich or Turkey Mandarin Salad	22 BREAKFAST WG Cinnamon Bun LUNCH Popcorn Chicken with WG Dinner Roll	23 BREAKFAST WG Blueberry Muffin LUNCH Crispy Chicken Tenders and Garlic Bread Stick	24 <u>Lunch Meal Price:</u> Riverside & Kings Ridge Student Reduced: \$0.40 Riverside & Kings Ridge Student Paid: \$3.30
25 	26 BREAKFAST WG Breakfast Bites LUNCH Penne Pasta with Meat Ragù Sauce	27 BREAKFAST WG Chocolate Chip Muffin LUNCH Mini Chicken Corn Dog	28 BREAKFAST WG Pop-Tart and Graham Crackers LUNCH Make Your Own Pizza Bagel Or Chicken Fajita Quesadilla	29 BREAKFAST Honey Breakfast Bar LUNCH Grilled Cheese & Tomato Sandwich	30 BREAKFAST Mini Glazed Waffles LUNCH Crispy Chicken Patty Sandwich	1 <u>Lunch Meal Price:</u> MIT Student Reduced: \$0.40 MIT Student Paid: \$3.30
2 This institution is an equal opportunity provider.	3	Notes: Your child may qualify for Free or Reduced price lunch. Complete a lunch application by visiting CNS page at http://www.resdonline.org/child-nutrition . Contact CNS at 602-477-2780 ext. 4205 with any questions regarding school meals. Breakfast in the classroom at Riverside and Kings Ridge schools is at no cost to students.				