

January 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31	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><i>Happy New Year</i></p>		<p>Winter Break Holiday 12/20/24 - 1/3/2025 No School</p>	 <p>STUDENT DINING <small>RIVERSIDE SCHOOL DISTRICT</small></p>
5 Breakfast Meal Includes: Entrée, Milk, and Fruit	6 <u>BREAKFAST</u> Blueberry Muffin <u>LUNCH</u> Grilled Chicken Croissant Sandwich	7 <u>BREAKFAST</u> French Toast Sticks <u>LUNCH</u> Flatbread Breakfast Pizza	8 <u>BREAKFAST</u> Cinnamon Pop-tart & Yogurt Cup <u>LUNCH</u> Turkey & Cheese Sub Sandwich	9 <u>BREAKFAST</u> Oatmeal Banana Chocolate Bar <u>LUNCH</u> Beef Stew	10 <u>BREAKFAST</u> Cereal Bowl & Honey Graham Crackers <u>LUNCH</u> Home Made PB&J Sandwich	11 Lunch Meal Includes: Entrée, Milk, Fruit and Vegetables
12 	13 <u>BREAKFAST</u> Honey Bar <u>LUNCH</u> Hamburger	14 <u>BREAKFAST</u> Blueberry Loaf & Cheddar Cubes <u>LUNCH</u> BBQ Meatballs and Corn Bread	15 <u>BREAKFAST</u> Maple Pancakes <u>LUNCH</u> Chicken Salad Sandwich	16 <u>BREAKFAST</u> Cinnamon Roll <u>LUNCH</u> Spicy Chicken Patty Sandwich	17 <u>BREAKFAST</u> Raisin Oatmeal Breakfast Bar <u>LUNCH</u> Home Made Bean & Cheese Burrito	18 Join us for free breakfast and lunch every day of school
19 Join us for free breakfast and lunch every day of school	20 MLK Day 	21 <u>BREAKFAST</u> Extreme Breakfast Burrito <u>LUNCH</u> Shredded Carnitas & Cilantro Lime Rice	22 <u>BREAKFAST</u> Soft Filled Apple Frudel <u>LUNCH</u> Baked Cinnamon Roll & Cottage Cheese	23 <u>BREAKFAST</u> Mini Goldfish Honey Bun & Cereal Bowl <u>LUNCH</u> Roasted Chicken & Gravy	24 <u>BREAKFAST</u> Carrot Bun <u>LUNCH</u> Cheese Pizza	25 
26 	27 <u>BREAKFAST</u> French Toast Breakfast Bar <u>LUNCH</u> Bean & Cheese Tostada	28 <u>BREAKFAST</u> Cinnamon Crisp & String Cheese <u>LUNCH</u> Pancakes & Turkey Sausage	29 <u>BREAKFAST</u> Honey Bun <u>LUNCH</u> Chicken Pasta Salad	30 <u>BREAKFAST</u> Breakfast Bagel <u>LUNCH</u> Chicken Teriyaki & Brown Rice	31 <u>BREAKFAST</u> Glazed Breakfast Bites <u>LUNCH</u> Beef & Cheese Melt Sandwich	
2	3	<p>Notes *Menu is subject to change without prior notice, based on product availability. *Offering Daily Milk choices: 1% White, Fat Free White, and Fat Free Chocolate. *All bread product served to students are 100% Whole Grain. *Offering Daily Lunch Option</p>				
<p>This institution is an equal opportunity provider.</p>						