Riverside Jr/Sr High Breakfast Menu

May 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily
			1	2	What is a Meal?
			Ham, Egg and Cheese on an English Muffin	Blueberry Yogurt Parfait	Students must choose at least 3 of the 4 components available for the school breakfast price.
			Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	- Choice of Whole Grain - Choice of Protein - Choice of Fruit - Choice of Milk
5	6	7	8	9	A minimum ½ cup serving of fruit or vegetable must accompany a
Egg and Cheese on a Croissant	Sausage, Egg, and Cheese Bagel Sandwich	Ham, Egg, and Cheese Bagel Sandwich	Egg and Cheese on an English Muffin	Dutch Waffle	reimbursable breakfast.
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Whole Grain Cereals (Cinnamon Toast Crunch, Lucky Charms, Mini Wheats)
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	Choice of Fruit
12	13	14	15	16	Seasonal fresh fruits, canned fruit in light syrup, 100%
Sausage, Egg, and on a Croissant	Sausage, Egg, and Cheese Bagel Sandwich	French Toast Sticks with Strawberries	Ham, Egg and Cheese on an English Muffin Strawberry Yogu	Strawberry Yogurt Parfait	fruit juice
					Choice of Milk 1% white, chocolate, and
Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	Assorted Cereals or Cereal Bar with Graham Crackers	strawberry
19	20	21	22	23	Daily Option:
Egg and Cheese on a Croissant		Ham, Egg and Cheese on a Bagel	Egg and Cheese on an English Muffin	Dutch Waffle	-Stuffed Bagels
					-Assorted Poptarts
					-Assorted Muffins
Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	Assorted Cereals or Cereal Bar	-Greek Yogurt
with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	with Graham Crackers	-Mini Waffles or Pancakes
26	27	28	29	30	
Memislas	Sausage, Egg, and Cheese Bagel Sandwich	French Toast Sticks with Strawberries	Ham, Egg and Cheese on an English Muffin	Blueberry Yogurt Parfait	(V) Vegetarian These items do not contain meat, poultry, or seafood, but may
DAY	Assorted Cereals or Cereal Bar with Graham Crackers	contain dairy and/or egg (VG) Vegan These items do not contain any animal products			
Ariel Cowperthwait, Ge 570.562.2121 ext. 1174 ma1156@metzcorp.com	<u> </u>		Meal Prices Student Breakfast Faculty Breakfast	FREE \$3.00	Metz CULINARY MANAGEMENT ENVIRONMENTAL SERVICES
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Menu subject to change due to product availability. This institution is an equal opportunity provider and employer.



Monday	Tuesday	Wednesday	Thursday	Friday	Offered Daily		
	What is a Meal?						
			1	2	Students must choose at least 3 of the 5 components available for the school lunch price.		
			Meatball Hoagie	Turkey BLT	- Choice of Whole Grain - Choice of Protein - Choice of Vegetable		
			FEATURED VEGGIES Curly Fries Fresh Veggies	FEATURED VEGGIES French Fries Fresh Veggies	- Choice of Fruit - Choice of Milk A minimum 1/2 cup serving of fruit or		
	vegetable must accompany a reimbursable lunch.						
5	Choice of Vegetable						
Fajita Burger	Chicken Alfredo with Garlic Breadstick	Mini Corn Dogs	Spicy Chicken Tenders	Buffalo Chicken Tot Bowl	Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables		
FEATURED VEGGIES French Fries Fresh Veggies	FEATURED VEGGIES Steamed Broccoli Fresh Veggies	FEATURED VEGGIES Steamed Corn Fresh Veggies	FEATURED VEGGIES Curly Fries Fresh Veggies	FEATURED VEGGIES Green Beans Fresh Veggies	Choice of Fruit Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice		
	Pizza of the Week : BBQ Chicken						
12	13	14	15	16	Choice of Milk 1% white, chocolate, and		
	French Toast Sticks with				strawberry		
TBD	Sausage	Loaded Pierogis	Beef Nachos	Texas Cheeseburger			
FEATURED VEGGIES Veggie #1 Veggie #2	FEATURED VEGGIES Hash brown Fresh Veggies	FEATURED VEGGIES Green Beans Fresh Veggies	FEATURED VEGGIES Baked Beans Fresh Veggies	FEATURED VEGGIES Curly Fries Fresh Veggies	Daily Alternates Grab and Go Options: -Fresh Entree Salad of the Week -Yogurt Parfaits -Weekly Cold Cut Sandwiches or		
	Pizza of the Week : Bacon						
19	20	21	22	23	From the Grill: -Chicken Nuggets and Tenders		
Ham & Cheese on a Pretzel Bun	Hot Dog	Viking-Fil-A Sandwich	Grilled Cheese	Corn Dog	-Chicken Patty Sandwich -Cheeseburger		
FEATURED VEGGIES Steamed Broccoli Fresh Veggies	FEATURED VEGGIES Steamed Corn Fresh Veggies	FEATURED VEGGIES Waffle Fries Fresh Veggies	FEATURED VEGGIES French Fries Fresh Veggies	FEATURED VEGGIES Fiesta Corn Fresh Veggies			
	Pizza	of the Week : But	ffalo Chicken				
26	27	28	29	30			
HAPPY	BBQ Rib Sandwich	Beef Nachos	Chicken Parm Sandwich	Boneless Bites- Mild or BBQ	(V) Vegetarian These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg		
* · · · · · · · · · · · · · · · · · · ·	FEATURED VEGGIES Curley Fries Fresh Veggies	FEATURED VEGGIES Baked Beans Fresh Veggies	FEATURED VEGGIES Glazed Carrots Fresh Veggies	FEATURED VEGGIES Celery w/ Blue Cheese Fresh Veggies	(VG) Vegan These items do not contain any animal products		
Ariel Cowperthwait, Ge	eneral Manager		Meal Prices		N/		
570.562.2121 ext. 1174 <u>ma1156@metzcorp.com</u>			Student Lunch Faculty Lunch	Free \$4.75	LVLETZ CULINARY MANAGEMENT ENVIRONMENTAL SERVICES		
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