



Meet Your Nutritious Friend:
At Peace Apple

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|--|
| 1 ★ Happy ★ LABOR DAY ★ ★ ★ ★ ★ | 2 Welcome Back!! | 3 Chocolate Chip Muffin & Cheese Stick Assorted Cereals with Graham Crackers | 4 Chocolate Chip French Toast Assorted Cereals with Graham Crackers | 5 Powdered Donut Assorted Cereals with Graham Crackers |
| 8 Glazed Dunkin Sticks Assorted Cereals with Graham Crackers | 9 Breakfast Pizza Assorted Cereals with Graham Crackers | 10 Banana Muffin & Cheese Stick Assorted Cereals with Graham Crackers | 11 Cinnamon Crunch Toast French Toast Assorted Cereals with Graham Crackers | 12 Fruit Loop Waffle Assorted Cereals with Graham Crackers |
| 15 Mini Maple Pancakes Assorted Cereals with Graham Crackers | 16 Breakfast Pizza Assorted Cereals with Graham Crackers | 17 Double Chocolate Muffin & Cheese Stick Assorted Cereals with Graham Crackers | 18 Chocolate Chip French Toast Assorted Cereals with Graham Crackers | 19 Apple Strudel Assorted Cereals with Graham Crackers |
| 22 Mini Cinni Rolls Assorted Cereals with Graham Crackers | 23 Breakfast Pizza Assorted Cereals with Graham Crackers | 24 Apple Cinnamon Muffin & Cheese Stick Assorted Cereals with Graham Crackers | 25 Cinnamon Crunch Toast French Toast Assorted Cereals with Graham Crackers | 26 Chocolate Donut Assorted Cereals with Graham Crackers |
| 29 Mini Maple Pancakes Assorted Cereals with Graham Crackers | 30 Breakfast Pizza Assorted Cereals with Graham Crackers | 1 Double Chocolate Muffin & Cheese Stick Assorted Cereals with Graham Crackers | 2 Chocolate Chip French Toast Assorted Cereals with Graham Crackers | 3 Apple Strudel Assorted Cereals with Graham Crackers |

What is a Meal?

Students must choose at least 3 of the 4 components available for the school breakfast price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Fruit or Vegetable
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable breakfast.

Whole Grain Cereals (served with graham crackers)

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free chocolate, fat-free strawberry

(V) Vegetarian

These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

(VG) Vegan

These items do not contain any animal products

Ariel Cowperthwait, General Manager
570.562.2121 ext. 1174
ma1156@metzcorp.com

Meal Prices

Student Breakfast
Reduced Breakfast
Faculty Breakfast

FREE
FREE
\$3.00



Riverside Elementary East
Lunch Menu

September 2025



Meet Your Nutritious Friend:
At Peace Apple

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 1 | 2 Welcome Back!! | 3 Cheeseburger or Mini Corn Dogs FEATURED VEGGIES Steamed Broccoli Carrot Sticks | 4 Hot Ham & Cheese on Pretzel Roll or Chicken Tenders with Roll FEATURED VEGGIES Baked Beans Mandarin Spring Salad | 5 Cheese Pizza Sticks with Dipping Sauce (V) or Hot Dog on a Bun FEATURED VEGGIES Oven Roasted Zucchini Carrot & Raisin Salad |
| 8 Chicken Nuggets with Roll Or Chicken Patty Sandwich FEATURED VEGGIES Tater Tots Carrot Sticks | 9 Beef Soft Tacos Or Cheeseburger FEATURED VEGGIES Refried Beans Lettuce & Tomato | 10 Popcorn Chicken Bow with a Dinner Roll Or Mini Corn Dogs FEATURED VEGGIES Steamed Golden Corn Broccoli Salad | 11 Corn Dog Or Chicken Tenders with Roll FEATURED VEGGIES Curly Fries Apple Cider Slaw | 12 Pepperoni Pizza or Hot Dog on a Bun FEATURED VEGGIES Oven Browned Sweet Potato Corn Salad |
| 15 Classic Sloppy Joe on Brioche Roll Or Chicken Patty Sandwich FEATURED VEGGIES Oven Fries Chickpea Salad | 16 Walking Taco with Pretzel Stick Or Cheeseburger FEATURED VEGGIES Mexicali Corn Tomato & Onion Salad | 17 Cheesesteak on a Roll Or Mini Corn Dogs FEATURED VEGGIES Tater Tots Ranchero Carrots | 18 Chicken Alfredo over Penne Pasta with Garlic Bread Or Chicken Tenders with Roll FEATURED VEGGIES Steamed Broccoli Celery Sticks with Ranch | 19 Fiestada Pizza or Hot Dog on a Bun FEATURED VEGGIES Cherry Tomatoes Cucumber Slices |
| 22 Chicken & Mashed Potato Bowl with Roll Or Chicken Patty Sandwich FEATURED VEGGIES Mashed Potatoes Baby Carrots | 23 Nachos Grande over Tortilla Chips Or Cheeseburger FEATURED VEGGIES Latin-Inspired Beans Golden Corn | 24 French Toast Sticks with Sausage Patties Or Mini Corn Dogs FEATURED VEGGIES Tri Patty Taters Carrot Sticks | 25 Mac & Cheese (V) Or Chicken Tenders with Roll FEATURED VEGGIES Steamed Tomatoes Apple Cider Slaw | 26 Cheesy Pizza (V) or Hot Dog on a Bun FEATURED VEGGIES Steamed Green Beans Baby Carrots |
| 29 Popcorn Chicken with Roll Or Chicken Patty Sandwich FEATURED VEGGIES French Fries Baby Carrots | 30 Beef & Cheese Quesadilla Or Cheeseburger FEATURED VEGGIES Latin-Inspired Beans Tomato Salad | 1 Egg & Cheese Waffle Flatbread Sandwich (V) Or Mini Corn Dogs FEATURED VEGGIES Hash Brown Potato Fresh Cucumber Slices | 2 Chicken Patty on a Bun Or Chicken Tenders with a Roll FEATURED VEGGIES Steamed Corn Romaine Salad | 3 Toasted Pizza Flatbread Sandwich or Hot Dog on a Bun FEATURED VEGGIES Diced Tomatoes Roasted Zucchini |

What is a Meal?

Students must choose at least 3 of the 5 components available for the school lunch price.

- Choice of Whole Grain
- Choice of Protein
- Choice of Vegetable
- Choice of Fruit
- Choice of Milk

A minimum ½ cup serving of fruit or vegetable must accompany a reimbursable lunch.

Choice of Vegetable

Hot vegetable, leafy salad, composed bean salad, seasonal fresh vegetables

Choice of Fruit

Seasonal fresh fruits, canned fruit in light syrup, 100% fruit juice

Choice of Milk

1% white, fat-free chocolate, fat-free strawberry

Daily Alternatives by week:

3th-5th: Garden Salad with Goldfish & Roll (V)

8th-12th: Super Fruit Craveable (V)

15th-19th: Turkey & Cheese Wrap

22nd-26th: Soft Pretzel Craveable (V)

29th-3rd: Chef Salad with Roll

Served Daily: Cheese Sandwich and Sun Butter Uncrustable

(V) Vegetarian
These items do not contain meat, poultry, or seafood, but may contain dairy and/or egg

Ariel Cowperthwait, General Manager
570.562.2121 ext. 1174
ma1156@metzcorp.com

Meal Prices

| | |
|---------------|--------|
| Student Lunch | FREE |
| Reduced Lunch | FREE |
| Faculty Lunch | \$4.85 |

