

Riverside Education Centre

Menu 2019-2020

Daily Meals \$5.75	Monday	Tuesday	Wednesday	Thursday	Friday
Sept 9-14 Sept 30-Oct 4 Oct 21-25 Nov 11-15 Dec 2-6	Spaghetti With Home Made Meatballs. Caesar Salad OR Whole Wheat Breadstick Milk or 114ml Juice	Baked Chicken Nuggets Rice & Sauce Cucumber slices with Dip Milk or 114ml Juice	Sloppy Joe on a bun. Served with Side Salad Milk or 114ml Juice	6" Pizza Round (Veggie Or 3 Cheese) Watermelon Slice Milk or 114ml Juice	Shepherd's Pie Bowl (Mashed Potato, Beef, Veggies and Gravy in a bowl) with a Side of Fruit Milk or 114ml Juice
Sept 16-20 Oct 7-11 Oct 28 Nov 1 Nov 18-22 Dec 9-13	Home Made Regular Or Broccoli Mac & Cheese Carrot Sticks & Dip Milk or 114ml Juice	Baked Chicken Nuggets Rice & Sauce Mixed Veggies Milk or 114ml Juice	Soft Taco Filled With Chicken, Lettuce, Cheese, Diced Tomato Fluffy Rice Corn Milk or 114ml Juice	6" Pizza Round (Tropical Or 3 Cheese) Watermelon slice Milk or 114ml Juice	Home Made 2oz Beef Burger Served with Caesar Salad Milk or 114ml Juice
Sept 23-27 Oct 14-18 Nov 4-8 Nov 25-29 Dec 16-20	Home Made Goulash. With Mixed Vegetables Milk or 114ml Juice	Baked Chicken Nuggets Rice & Sauce Carrot sticks and Dip Milk or 114ml Juice	Chicken Tater Bowl (Mashed Potato, Chicken, Corn and Gravy in a bowl) with a Side of Fruit Milk or 114ml Juice	6" Pizza Round (Mexican Or 3 Cheese) Watermelon Slice Milk or 114ml Juice	Sweet And Sour Home Made Meatballs Fluffy Rice Carrot sticks and Dip Milk or 114ml Juice
Available Weekly on Day listed:	Pasta Bowl \$4.00 Home Made Hamburger \$3.25 Fresh made smoothies \$2.00 Fruit Salad \$2.00 Home made Breadstick \$1.50	Chicken Burger \$4.00 Homemade Pizza Pocket \$3.50 Rice Krispy Square \$1.00 Frozen Yogurt \$1.50	Grilled Cheese Sandwich \$3.50 Chicken Snack wrap \$3.50 Home made Breadstick \$1.50 Yogurt and berry Parfait \$2.10	6" Pizza Round \$3.75 6" Garlic Round \$3.75 Cinnamon Roll \$1.50 Pudding cup \$1.75	Ham and Cheese sub \$4.00 Home-made Energy Bar \$1.00 Cinna Bites (5) \$1.25
Daily Drinks: 237ml White Milk \$0.40, 237ml Chocolate Milk \$1.85, 500ml Chocolate Milk \$2.85 -114ml 100% juice cup \$0.75 300ml Juice \$1.75, 200ml juice \$1.25, 500ml Water \$1.50, 591ml Water \$2.00, Icee Cup \$1.50					
Daily Item: Daily Sub/Wrap/Salad Bar, Pizza Slices \$3.60,, Air popped Pop Corn \$1.25, whole Fruit \$1.25, Yogurt \$1.25, Veggie Bags \$1.50, Lowfat Cookie \$0.75, Baked Chips \$1.75					
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Daily Meals \$5.75	Monday	Tuesday	Wednesday	Thursday	Friday
Jan 13-17 Feb 3-7 Feb 24-28 March Break Apr 6-10 Apr 27 May 1 May 18-22 June 8-12	Spaghetti With Home Made Meatballs. Caesar Salad OR Whole Wheat Breadstick Milk or 114ml Juice	Baked Chicken Nuggets Rice & Sauce Cucumber slices with Dip Milk or 114ml Juice	Sloppy Joe on a bun. Served with Mixed Vegetables Milk or 114ml Juice	6" Pizza Round (Veggie Or 3 Cheese) Watermelon Slice Milk or 114ml Juice	Shepherd's Pie Bowl (Mashed Potato, Beef, Veggies and Gravy in a bowl) with a Side of Fruit Milk or 114ml Juice
Dec 30-Jan 3 Jan 20-24 Feb 10-14 Mar 2-6 Mar 23-27 Apr-13-17 May 4-8 May 25-29 June 15-19	Home Made Regular Or Broccoli Mac & Cheese Carrot Sticks & Dip Milk or 114ml Juice	Baked Chicken Nuggets Rice & Sauce Mixed Veggies Milk or 114ml Juice	Mexican Fries Supreme (Baked French fries topped with Taco Beef and Cheese) Milk or 114ml Juice	6" Pizza Round (Tropical Or 3 Cheese) Watermelon slice Milk or 114ml Juice	Home Made 2oz Beef Burger Served with Caesar Salad Milk or 114ml Juice
Jan 6-10 Jan 27-31 Feb 17-21 Mar 9-13 Mar 31-Apr 3 Apr-20-24 May 11-15 June 1-5	Home Made Goulash. With Mixed Vegetables Milk or 114ml Juice	Baked Chicken Nuggets Rice & Sauce Carrot sticks and Dip Milk or 114ml Juice	Chicken Tater Bowl (Mashed Potato, Chicken, Corn and Gravy in a bowl) with a Side of Fruit Milk or 114ml Juice	6" Pizza Round (Mexican Or 3 Cheese) Watermelon Slice Milk or 114ml Juice	Sweet And Sour Home Made Meatballs Fluffy Rice Carrot sticks and Dip Milk or 114ml Juice
Available Weekly on Day listed:	Pasta Bowl \$4.00 Home Made Hamburger \$3.25 Fresh made smoothies \$2.00 Fruit Salad \$2.00 Home made Breadstick \$1.00	Chicken Burger \$4.00 Homemade Pizza Pocket \$3.50 Rice Krispy Square \$1.00 Frozen Yogurt \$1.50	Grilled Cheese Sandwich \$3.50 Chicken Snack wrap \$3.50 Homemade Breadstick \$1.00 Yogurt and berry Parfait \$2.10	6" Pizza Round \$3.75 6" Garlic Round \$3.75 Cinnamon Roll \$1.50 Low Fat cookie \$0.75 Pudding cup \$1.75	Ham and Cheese sub \$4.00 Home-made Energy Bar \$1.00 Cinna Bites (5) \$1.25
Daily Drinks: 237ml White Milk \$0.40, 237ml Chocolate Milk \$1.85, 500ml Chocolate Milk \$2.85 -114ml 100% juice cup \$0.75 300ml Juice \$1.75, 200ml juice \$1.25, 500ml Water \$1.50, 591ml Water \$2.00, Iced Cup \$1.50					
Daily Item: Soup And Sandwich Combo \$5.00, Pizza Slices \$3.60, Assorted Salads \$3.75, Air popped Pop Corn \$1.25, whole Fruit \$1.25, Yogurt \$1.25, Veggie Bags \$1.50, Lowfat Cookie \$0.75, Baked Chips \$1.75					
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