



River Terrace Lunch Menu

Aug 24-28

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Chicken Taco	Spicy Asian Chicken w/Brown rice	Whole Grain Rotini W/Turkey Meat Sauce (EC)	Vegetarian Stir Fry	Korean Bibimbap Chicken w/Ginger Lime Brown Rice (EC)
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Pizza on Whole Grain Crust (EC) Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches  Grab & Go Cold Sandwiches and Salads	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made with Fresh Local Eggs! (EC) Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Toasted Two Cheese Sandwich on Whole Grain Bread Turkey Pastrami on Whole Grain Roll w/ Mustard	Turkey Hot Dog on Whole Grain Bun w/ Toppings Bar Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish (EC) Turkey Ranch Wrap	Spicy Chicken Sandwich on Whole Grain Bun Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available at All Stations	Fresh Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing (EC) Fresh Local Apple Assorted Fruit	Sweet Green Peas (EC) Fresh Broccoli w/ Light Dressing Pineapple Cup Assorted Fruit	Green Beans Italiano (EC) Fresh Celery Sticks w/ Light Dressing Fresh Orange Assorted Fruit	Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing (EC) Fresh Banana Assorted Fruit	Seasoned Carrots (EC) Fresh Broccoli w/ Light Dressing 100% Grape Juice Assorted Fruit

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TOMATO DEBATE: FRUIT OR VEGETABLE?

Answer: BOTH! Because of its seeds, the tomato is botanically considered a fruit. BUT, it is classified as a vegetable by its use and consumption.





River Terrace Lunch Menu

Aug 31-Sept 4

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Hot Turkey Meatball Sub on Whole Grain Bun (EC)	Open Face Turkey Sandwich on Whole Grain Bread w/Gravy (EC)	Haitian Style Fish w/ Creole Rice and Beans (EC)	Homemade Whole Grain Mac & Cheese (EC)	Caribbean Jerk Chicken w/ Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	Homemade Pizza on Whole Grain Crust Cheese (EC) Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made with Fresh Local Eggs!	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings Bar	Santa Fe Burger on Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Pastrami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available at All Stations	Local Fresh Baked Sweet Potato w/Cinnamon (EC) Homemade Confetti Coleslaw Fresh Local Apple Assorted Fruit	Mashed Potatoes w/ Gravy (EC) Fresh Celery w/ Light Dressing Pineapple Cup Assorted Fruit	Glazed Carrots (EC) Fresh Local Tuscan Kale Salad Fresh Orange Assorted Fruit	Garlic Lemon Broccoli Fresh Cucumber & Tomato Salad (EC) Fresh Banana Assorted Fruit	Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing (EC) 100% Grape Juice Assorted Fruit

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River Terrace Lunch Menu

Sept 7-11

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Labor Day No School	Ukrainian Chicken w/ Whole Grain Garlic Bun (EC)	Barbecue Turkey on Whole Grain Bun (EC)	Italian Bagel	Teriyaki Chicken w/ Ginger Lime Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Labor Day No School	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Labor Day No School	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings Bar	Pizza Burger on Whole Grain Bun (EC)	Spicy Chicken Sandwich on Whole Grain Bun
 Grab & Go Cold Sandwiches and Salads	Labor Day No School	Turkey Pastrami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available at All Stations	Labor Day No School	Fresh Roma Roasted Local Red Potatoes (EC) Fresh Baby Carrots w/Light Dressing Pineapple Cup Assorted Fruit	Southwest Pinto Beans Fresh Celery w/ Light Dressing (EC) Fresh Orange Assorted Fruit	Sweet Potato Wedges (EC) Fresh Broccoli w/ Light Dressing Fresh Banana Assorted Fruit	Roasted Broccoli (EC) Fresh Baby Carrots w/Light Dressing 100% Grape Juice Assorted Fruit

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River Terrace Lunch Menu

Sept 14-18

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Panes Rellenos (Salvadoran Chicken Torta) (EC)	Whole Grain Spaghetti w/ Turkey Meatballs	Buffalo Chicken Wrap	Whole Grain Mac-N- Cheese (EC)	Pescada a la Mexicana (Mexican Style Baked Fish) w/Spanish Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	Homemade Pizza on Whole Grain Crust Cheese (EC) Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made with Fresh Local Eggs!	Toasted Two Cheese Sandwich on Whole Grain Bread (EC)	Turkey Hot Dog on Whole Grain Bun w/Toppings Bar	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish	Spicy Chicken Sandwich on Whole Grain Bun
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Pastrami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips (EC)	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available at All Stations	Roasted Broccoli (EC) Fresh Baby Carrots w/ Light Dressing Fresh Local Apple Assorted Fruit	Green Beans Italiano Fresh Celery Sticks w/ Light Dressing (EC) Pineapple Cup Assorted Fruit	Seasoned Carrots (EC) Fresh Romaine and Tomato Side Salad Fresh Orange Assorted Fruit	Baked Beans (EC) Vegetarian Bean Dip w/ Homemade Tortilla Chips Fresh Banana Assorted Fruit	Mexican Corn (EC) Fresh Baby Carrots w/ Light Dressing 100 % Grape Juice Assorted Fruit

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River Terrace Lunch Menu

Sept 21-25

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Spicy Asian Chicken w/Brown rice	Chicken Taco	Whole Grain Rotini W/Turkey Meat Sauce (EC)	Vegetarian Stir Fry	Korean Bibimbap Chicken w/Ginger Lime Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	Homemade Pizza on Whole Grain Crust Cheese (EC) Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches  Grab & Go Cold Sandwiches and Salads	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made with Fresh Local Eggs! (EC) Garden Salad w/ Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Toasted Two Cheese Sandwich on Whole Grain Bread (EC) Turkey Pastrami on Whole Grain Roll w/ Mustard	Turkey Hot Dog on Whole Grain Bun w/ Toppings Bar Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Charbroiled Cheeseburger on Whole Grain Bun w/ Lettuce & Tomato Garnish (EC) Turkey Ranch Wrap	Spicy Chicken Sandwich on Whole Grain Bun Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available at All Stations	Sweet Green Peas (EC) Fresh Broccoli w/ Light Dressing Fresh Local Apple Assorted Fruit	Local Country Collard Greens Fresh Baby Carrots w/ Light Dressing (EC) Pineapple Cup Assorted Fruit	Garlic Lemon Broccoli (EC) Fresh Celery Sticks w/ Light Dressing Fresh Orange Assorted Fruit	Southwest Pinto Beans Fresh Baby Carrots w/ Light Dressing (EC) Fresh Banana Assorted Fruit	Seasoned Carrots Fresh Cucumber Coins (EC) 100% Grape Juice Assorted Fruit

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River Terrace Lunch Menu

Sept 28 - Oct 2

The cost of a paid student meal is \$2.60. Per the Healthy Schools Act, there is no charge for reduced meals. Full student lunch includes choice of entrée (meat or meat alternate w/ grain accompaniments), 2 vegetable sides, 2 fruit side & choice of 1% or skim white milk. Did you know—If you see it in green, it's local and if you see it in blue, the meal has international influence! All of our chicken is antibiotic free (ABF)!

Station	Monday	Tuesday	Wednesday	Thursday	Friday
 Favorite Comfort Foods & International Flavors	Hot Turkey Meatball Sub on Whole Grain Bun (EC)	Open Face Turkey Sandwich on Whole Grain Bread w/Gravy (EC)	Ukrainian Style Fish w/ Whole Grain Roll (EC)	Homemade Whole Grain Mac & Cheese (EC)	Caribbean Jerk Chicken w/ Brown Rice
 All Pizzas Are Hand Crafted in Our Kitchen on Whole Grain Crusts	Pizza Chef is Off Today!	Homemade Pizza on Whole Grain Crust Cheese Veggie Lovers Hawaiian	Off Again Today!	And Yet Again!	Homemade Pizza on Whole Grain Crust Cheese (EC) Veggie Lovers Spicy Chicken
 Tasty Hand-Held Hot Sandwiches	Chicken Nuggets w/ Mumbo Sauce and Whole Grain Cornbread Made with Fresh Local Eggs!	Toasted Two Cheese Sandwich on Whole Grain Bread	Turkey Hot Dog on Whole Grain Bun w/ Toppings Bar	Santa Fe Burger on Whole Grain Bun	Spicy Chicken Sandwich on Whole Grain Bun
 Grab & Go Cold Sandwiches and Salads	Garden Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Bun	Turkey Pastrami on Whole Grain Roll w/ Mustard	Mexican Corn Salad w/ Black Beans & Whole Grain Tortilla Chips	Turkey Ranch Wrap	Barbecue Chicken Salad w/Romaine, Tomatoes, Cheese & Whole Grain Garlic Roll
 Hot & Cold Sides Available at All Stations	Local Fresh Baked Sweet Potato w/Cinnamon Fresh Broccoli w/ Light Dressing (EC) Fresh Local Apple Assorted Fruit	Mashed Potatoes w/ Gravy (EC) Fresh Baby Carrots w/ Light Dressing Pineapple Cup Assorted Fruit	Green Beans Italiano Fresh Local Tuscan Kale Salad (EC) Fresh Orange Assorted Fruit	Garlic Lemon Broccoli (EC) Fresh Cucumber and Tomato Salad Fresh Banana Assorted Fruit	Fiesta Black Beans Fresh Baby Carrots w/ Light Dressing (EC) 100% Grape Juice Assorted Fruit

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