

Riverwalk Academy September Menu 2022

			1. Lunch Cheese Pizza-2oz WG Pizza Crust-2oz Garden Salad-4oz Cantaloupe -3oz Low fat Milk-8oz	2. No Lunch
5. Holiday	6. Lunch Macaroni & Cheese -5oz Dinner Roll -2oz Seasoned Carrots -4oz Fresh Apple -4oz Low fat or 100% juice -8oz	7. Lunch Turkey & Cheese sub sandwich Bread/lettuce/tomato 4oz- Fresh broccoli/ranch 4oz -Grapes M-8oz -Low fat or skim milk	8. Lunch Cheese Pizza-2oz WG Pizza Crust-2oz Baby Carrots/ranch-4oz Orange slices-3oz Low fat Milk-8oz	9. No Lunch
12. Lunch Fried Chicken - 2oz. Brown Rice-2oz Green beans -4oz Pineapples -4oz Low fat Milk-8oz	13. Lunch Beef Taco-2.5oz WW Tortilla -1oz Mandarin Oranges-3oz Steamed Corn-4oz Low fat Milk-8oz	14. Lunch Turkey Corn dogs 3.5oz Tater tots-4oz Tropical fruit- 3oz Low fat milk- 8oz	15. Lunch Cheese Pizza-2oz WG Pizza Crust-2oz Garden Salad-4oz Cantaloupe -3oz Low fat Milk-8oz	16. No Lunch
19. Lunch Baked Beefaroni w/ Cheese Steamed Carrots -4oz- Baked apples -4oz - Low fat milk- 8oz	20. Lunch- Chicken Nuggets -4oz WG Breeding -1oz Sweet Potato fries-4oz Honey dew melon -3oz Low fat Milk-8oz	21. Lunch 2.5 oz -Hotdog 2oz -WW Bun Baked Beans -4oz Pears -3oz Low fat milk-8oz	22. Lunch Cheese Pizza-2oz WG Pizza Crust-2oz Baby Carrots/ranch-4oz Orange slices-3oz Low fat Milk-8oz	23. No Lunch
26. Lunch- WW Spaghetti & Meat sauce – 5oz WG Pasta- 2oz Broccoli -4oz Baked apples -3oz Low fat Milk	27. Lunch Chicken Taco-2.5oz WW Tortilla -1oz Mandarin Oranges-3oz Black beans -4oz Low fat Milk-8oz	28. Lunch Meatball Sub Sandwich -3oz WW Roll-2oz Steamed Corn-4oz- Tropical Fruit -4oz Low fat /juice	29. Lunch Cheese Pizza-2oz WG Pizza Crust-2oz Garden Salad-4oz Cantaloupe -3oz Low fat Milk-8oz	30. No Lunch