

January 2026



WINTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1	2	3
<u>Advantages of Eating in The A.M.</u> When you eat breakfast you're telling your body that there are plenty of calories to be had for the day. When you skip breakfast the message your body gets is that it needs to conserve rather than burn any incoming calories, (Christy C. Tangney, PhD, Professor of Clinical Nutrition at Rush University)					Winter Break Holiday 12/22/2025 To 1/2/2026 No School	 STUDENT DINING RIVERSIDE SCHOOL DISTRICT
4 Breakfast Meal Includes: Entrée, Milk, and Fruit	5 <u>BREAKFAST</u> Blueberry Muffin <u>LUNCH</u> Spicy Chicken Patty Sandwich	6 <u>BREAKFAST</u> French Toast Sticks <u>LUNCH</u> Shredded Chicken Quesadilla	7 <u>BREAKFAST</u> Cinnamon Pop-tart & Yogurt Cup <u>LUNCH</u> Turkey & Cheese Sub Sandwich	8 <u>BREAKFAST</u> Oatmeal Banana Chocolate Bar <u>LUNCH</u> Ramen Noodles with Beef	9 <u>BREAKFAST</u> Cereal Bowl & Honey Graham Crackers <u>LUNCH</u> Macaroni & Cheese	Lunch Meal Includes: Entrée, Milk, Fruit and Vegetables
11 	12 <u>BREAKFAST</u> Honey Bar <u>LUNCH</u> Beef Stew	13 <u>BREAKFAST</u> Blueberry Loaf & Cheddar Cubes <u>LUNCH</u> Home Made Bean & Cheese Burrito	14 <u>BREAKFAST</u> Maple Pancakes <u>LUNCH</u> Chicken Salad Sandwich	15 <u>BREAKFAST</u> Cinnamon Roll <u>LUNCH</u> Chicken Teriyaki & Brown Rice	16 <u>BREAKFAST</u> Raisin Oatmeal Breakfast Bar <u>LUNCH</u> Cheese Ravioli	Join us for free breakfast and lunch every day of school
18 Join us for free breakfast and lunch every day of school	19 No School 	20 <u>BREAKFAST</u> Extreme Breakfast Burrito <u>LUNCH</u> Shredded Chicken & Cilantro Lime Rice	21 <u>BREAKFAST</u> Soft Filled Apple Frudel <u>LUNCH</u> Baked Cinnamon Roll & Cottage Cheese	22 <u>BREAKFAST</u> Mini Goldfish Honey Bun & Cereal Bowl <u>LUNCH</u> Chicken Chow Mein Noodles	23 <u>BREAKFAST</u> Carrot Bun <u>LUNCH</u> Pepperoni Pizza	We Offer Daily Lunch Options at Each School Site.
25 We Offer Daily Lunch Options at Each School Site.	26 <u>BREAKFAST</u> French Toast Breakfast Bar <u>LUNCH</u> Hamburger on Bun	27 <u>BREAKFAST</u> Cinnamon Crisp & String Cheese <u>LUNCH</u> Cheese Enchiladas	28 <u>BREAKFAST</u> Honey Bun <u>LUNCH</u> Chicken Pasta Salad	29 <u>BREAKFAST</u> Breakfast Bagel <u>LUNCH</u> Teriyaki Meatballs & Fried Rice	30 No School Teacher PROFESSIONAL DEVELOPMENT	
1	2	Notes				
This institution is an equal opportunity provider.		*Menu is subject to change without prior notice, based on product availability. *Offering Daily Milk choices: 1% White, Fat Free White, and Fat Free Chocolate. *All bread product served to students are 100% Whole Grain. *Offering Daily Lunch Option.				