

California School for the Deaf, Riverside

Menu for Week of October 17 through 21, 2022

Day	Breakfast	Lunch	Dinner
Monday 17	Fruit Juice Chilled Fruit Assorted Cold Cereal (HS) Pancakes Scrambled Eggs Syrup Milk	Meatball Sandwich Potato Wedges Salad Bowl <i>Ranch Dressing/Catsup</i> Pudding Frozen Fruit Cup/Fruit Juice Milk	Egg Foo Yong Steamed Rice Mixed Vegetables Salad Bowl Ranch Dressing/Soy Sauce Lemon Bar/Fresh Fruit Milk
Tuesday 18	Fruit Juice Applesauce w/Cinnamon Assorted Cold Cereal Meat Quesadilla Salsa Milk	Meat Enchilada Spanish Rice Pinto Beans Cucumber & Carrots <i>Ranch Dressing</i> Fresh Fruit Milk	Cheeseburger American Fries Salad Bowl Ranch Dressing Mayonnaise/Catsup Fruited Jello/Chilled Fruit Milk
Wednesday 19	Fruit Juice Fresh Fruit Assorted Cold Cereal (HS) Toasted Cheese Melt Milk	Grilled Seasoned Chix Patty Mashed Potatoes /Gravy Bread Stick Salad Bowl <i>Ranch Dressing</i> Pretzels/Chilled Fruit Milk	Meat Taquitos Spanish Rice Salad Bowl Ranch Dressing Salsa/Sour Cream Choc Cake/Fresh Fruit Milk
Thursday 20	Fruit Juice Fresh Fruit French Toast Sticks Cheese Omelet Syrup Milk	Hawaiian Pizza Cucumber & Carrot Salad Salad Bowl <i>Ranch Dressing</i> Frozen Fruit Cup/Fresh Fruit Milk	Chili Cheese Fries Cheddar Jalapeno Cornbread Salad Bowl Ranch Dressing Churro/Chilled Fruit Milk
Friday 21	Fruit Juice Fresh Fruit Stromboli Yogurt Parfait Milk	Honey Lemon Chicken Steamed Rice Stir Fry Vegetables Salad Bowl <i>Ranch Dressing</i> Cookie Frozen Fruit Cup/Fresh Fruit Milk	WEEKLY MENUS 2022-2023 2Q W3

This institution is an equal opportunity provider. Esta institucion es un proveedor igual de la oportunidad.
 *Menu subject to change without notice.

