

# California School for the Deaf, Riverside

Menu for Week of March 6 to 10, 2023

Day	Breakfast	Lunch	Dinner
Monday 6	Fruit Juice Chilled Fruit Assorted Cold Cereal (HS)  Pancakes Cheese Omelet Syrup  Milk	<b>Chicken Fajita w/Tortilla</b> Spanish Rice Pinto Beans  Cucumber & Carrot Sticks <i>Ranch Dressing</i>  Frozen Fruit Cup/Chilled Fruit  Milk	Meatball w/Marinara Sauce Spaghetti Noodles Mixed Vegetables  Salad Bowl Ranch Dressing  Sunflower Butter Bar/Fresh Fruit  Milk
Tuesday 7	Fruit Juice Applesauce w/Cinnamon Assorted Cold Cereal  Meat Quesadilla Salsa  Milk	<b>Baked Potato w/Cheese Sauce &amp; Ground Beef</b> Cornbread  Ceasar Salad Bowl Sour Cream  Apple Juice/Fresh Fruit  Milk	Egg Foo Yong Steamed Rice Capri Blend  Salad Bowl Ranch Dressing/Soy Sauce  Chocolate Cake/Chilled Fruit  Hot Chocolate Milk/Milk
Wednesday 8	Fruit Juice Fresh Fruit Assorted Cold Cereal (HS)  Applesauce Oatmeal Muffin Tri Taters/Catsup  Hot Chocolate Milk/Milk	<b>Chicken Tenders</b> Macaroni & Cheese Winter Blend  Salad Bowl <i>Ranch Dressing/Catsup</i>  Frozen Fruit Cup/Chilled Fruit  Milk	Chili Cheese Fries Hotdog on a Bun  Salad Bowl Ranch Dressing Mayonnaise/Catsup  Strawberry Turnover/Fresh Fruit  Milk
Thursday 9	Fruit Juice Chilled Fruit  French Toast Sticks Scrambled Eggs Syrup  Milk	<b>Meat Taquitos</b> Spanish Rice Refried Beans  Jicama & Cucumber <i>Ranch Dressing</i> <i>Salsa/Sour Cream</i>  Churro/Fresh Fruit  Milk	Grilled Chicken Patty Oven Roasted Potatoes Bread Sticks  Salad Bowl Ranch Dressing/Catsup  Lemon Mousse/Chilled Fruit  Hot Chocolate Milk/Milk
Friday 10	Fruit Juice Fresh Fruit Assorted Cold Cereal (HS)  Stromboli Yogurt Parfait  Hot Chocolate Milk/Milk	<b>Cheeseburger</b> Tater Tots  Celery Sticks & Tomatoes <i>Ranch Dressing</i> <i>Mayonnaise/Catsup</i>  Oatmeal Raisin Cookie Frozen Fruit Cup/Chilled Fruit  Milk	WEEKLY MENUS 2022-2023 3Q W1

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