

# THE SEAHAWK STOP BREAKFAST MENU

*Good food for growing minds and bodies!*

## **Monday**

### **Biscuit and Sausage or Pig in a Blanket**

Start your Monday right with a warm whole grain biscuit and a real pork sausage patty or a smoked sausage link wrapped in whole grain bread.

## **Tuesday**

### **Whole Grain Muffin**

Warm and toasty whole grain muffins made with blueberries, bananas, or apples.

## **Wednesday**

### **Breakfast Taco**

A rotating menu of bean & cheese, potato & egg, ham & egg, bacon & egg, and chorizo & egg, sure to fill you up get you over the "Hump Day" hump.

## **Thursday**

### **French Toast**

Whole grain bread, sprinkled with cinnamon and egg custard, and baked to perfection!

## **Friday**

### **Uncrustables Peanut Butter & Jelly Sandwich**

Everyone's favorite crustless sandwich makes Fridays a little more fun!

*All breakfast entrees are offered with whole grain cereal or breakfast bars, fresh fruit, orange or apple juice, and 1% milk or fat-free chocolate milk.*



*For more information please contact Millie Clements, Child Nutrition Director:*

[mclements@rivieraisd.us](mailto:mclements@rivieraisd.us)

361-296-3101

*Menu subject to change due to on-going supply issues. This institution is an equal opportunity provider.*

# THE SEAHAWK STOP LUNCH MENU

*Good food for growing minds and bodies!*

**Monday, October 18**

**Chicken Fried Steak**

Oven-fried savory steak served with white peppered gravy and mashed potatoes, seasoned green beans and cinnamon apple slices.

**Tuesday, October 19**

**Chicken Fajita Taco**

Chicken breast strips sautéed with green peppers and onions wrapped in a whole grain tortilla, served with Spanish Rice, Pinto Beans and mandarins.

**Wednesday, October 20**

**Beef & Bean Burrito with Chili and Cheese**

A beef and bean burrito, smothered in chili and cheese sauce, served with sautéed zucchini and yellow squash, veggie dippers, and fresh fruit.

**Thursday, October 21**

**Chicken Alfredo**

A student favorite—creamy and cheesy chicken and penne pasta, served with tangy cucumber-tomato salad, steamed broccoli, and fruit.

**Friday, October 22**

**Hot Dog**

It's game day! Hot dogs served tailgate style with chips, fruit and a drink.

*A choice of 1% white milk or non-fat chocolate milk are offered with all lunches. Meals are required to meet strict nutrition standards of fat, salt, and whole grains.*

**It's Farm to School Month! Riviera ISD supports Texas agriculture, so look for Texas-grown pears and apples on our menus this month.**



*Menu subject to change due to on-going supply issues. This institution is an equal opportunity provider.*