



2022

# October

Complete Hot Lunch or Cold Lunch: \$4.00 (Includes entrée of the day, a fruit and a choice of low fat chocolate, skim, 1% milk, apple juice or an 8oz water)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<b>3</b> <b>Baked Chicken Nuggets Served w/ French Fries</b>	<b>4</b> Pasta Marinara Served w/ Vegetables	<b>5</b> School Closed  Yom Kippur	<b>6</b> <b>Baked Chicken Tenders Served w/ Buttered Noodles</b>	<b>7</b> <b>Corn Dogs Served w/ Tater Tots</b>	<p><b><u>Daily Cold Choices:</u></b></p> <p><b>Bagel Combo Available Daily:</b> Bagel w/ Yogurt or String Cheese</p> <p><b>Salads With or Without Grilled Chicken Available Daily</b></p> <p><b><u>Monday</u></b> Turkey and cheese</p> <p><b><u>Tuesday</u></b> Tuna on a Roll</p> <p><b><u>Wednesday</u></b> Grilled Chicken Wrap</p> <p><b><u>Thursday</u></b> Plain Bagel w/ Butter or Cream Cheese</p> <p><b><u>Friday</u></b> Ham Sandwich</p> <p><b><u>Vegetarian Option:</u></b> Grilled Cheese and Veggie burgers Sandwich available on highlighted days when preordered in the morning with teacher.</p>
<b>10</b> <b>All Beef Frank Served w/ French Fries</b>	<b>11</b> <b>Popcorn Chicken Served w/ Mashed Potatoes and Corn</b>	<b>12</b> Pizza Day Cheese Pizza Served with Baby Carrots and Ranch	<b>13</b> Pasta and Meatballs Served w/ a Dinner Roll	<b>14</b> French Toast Sticks Served w/ Turkey Sausage	
<b>17</b> Homemade Mac and Cheese Served w/ Broccoli	<b>18</b> <b>Baked Chicken Nuggets Served w/ French Fries</b>	<b>19</b> Pizza Day Cheese Pizza Served with Baby Carrots and Ranch	<b>20</b> <b>Angus Burger or Cheeseburger Served w/ Tater Tots</b>	<b>21</b> Crispy or Grilled Chicken Sandwich Served w/ French Fries	
<b>24</b> School Closed  Diwali	<b>25</b> <b>Chicken Parm Sandwich Served w/ Vegetables</b>	<b>26</b> Pizza Day Cheese Pizza Served with Baby Carrots and Ranch	<b>27</b> <b>Baked Chicken Tenders Served w/ Buttered Noodles</b>	<b>28</b> French Toast Sticks Served w/ Turkey Sausage	
<b>31</b> <b>Angus Burger or Cheeseburger Served w/ Tater Tots</b>	<b>1</b> Homemade Mac and Cheese Served w/ Broccoli	<b>2</b> Pizza Day Cheese Pizza Served with Baby Carrots and Ranch	<b>3</b> <b>Crispy or Grilled Chicken Sandwich Served w/ French Fries</b>	<b>4</b> <b>Corn Dogs Served w/ Tater tots</b>	

## Riker Hill Elementary Lunch



### Special News...

Please visit us online at [www.livingston.org](http://www.livingston.org), and select Food Services on your school's homepage!! For questions, comments, or concerns, please contact Nicole Cooper at 973-535-8000 Ext. 8051 or E-mail at [cooper-nicole@aramark.com](mailto:cooper-nicole@aramark.com).

Menus are subject to change without notice.

