

# River Valley High School/ Middle School 2021-2022 LUNCH MENU

	Mindful MONDAY	Tasty TUESDAY	Worldly WEDNESDAY	Thankful THURSDAY	Finish Strong FRIDAY
<b>WEEK #1</b>	<b>Plated Station</b> Mac and Cheese Steamed Broccoli <b>Grab n Go Station</b> BBQ Chicken Cheddar Wrap Onion Rings Cole Slaw	<b>Plated Station</b> Taco Salad – Loaded Nachos <b>Grab n Go Station</b> Pizza Sub Green Beans	<b>Plated Station</b> China... Asian Bar <b>Grab n Go Station</b> Pulled Pork Sandwich California Medley	<b>Plated Station</b> Chicken and Noodles Mashed Potatoes Whole Grain Roll <b>Grab n Go Station</b> Smoked Sausage Sweet Potato Fries	<b>Plated Station</b> Signature Hot Dog <b>Grab n Go Station</b> Assorted Pizza Variety of Fresh Vegetables Tossed Salad
<b>WEEK #2</b>	<b>Plated Station</b> Boneless Wings Celery and Ranch <b>Grab n Go Station</b> Hot Ham and Cheese Sandwich Buttered Corn	<b>Plated Station</b> Chipotle Bowl Rice & Beans <b>Grab n Go Station</b> Corn Dog Baked Beans	<b>Plated Station</b> Italy... Pasta Bar Tossed Salad <b>Grab n Go Station</b> Pepperoni Calzone Green Beans	<b>Plated Station</b> Loaded Potato Bar <b>Grab n Go Station</b> Chicken Sandwich Mixed Veggies	<b>Plated Station</b> Signature Burger Bar <b>Grab n Go Station</b> Assorted Pizza Variety of Fresh Vegetables Tossed Salad
<b>WEEK #3</b>	<b>Plated Station</b> Breakfast for Lunch <b>Grab n Go Station</b> Seafood Platter Fish, Shrimp, Hush Puppies, Cole Slaw	<b>Plated Station</b> Loaded Burrito Bar Refried Beans <b>Grab n Go Station</b> Shredded Chicken Sandwich Steamed Broccoli	<b>Plated Station</b> Greece... Gyro Bar <b>Grab n Go Station</b> Fiestada w/ Chips & Salsa	<b>Plated Station</b> Soup and Sand. Bar <b>Grab n Go Station</b> Chicken Leg Cornbread Cauliflower w/cheese	<b>Plated Station</b> All American Bar Hamburgers, Hot Dog, French Fries <b>Grab n Go Station</b> Assorted Pizza French Fries
<b>WEEK #4</b>	<b>Plated Station</b> Chicken Tenders assorted sauces Baked Beans <b>Grab n Go Station</b> Sausage Sandwich Sweet Peas	<b>Plated Station</b> Philly Cheese Steak Sweet Potato Fries <b>Grab n Go Station</b> Fish Sandwich Cole Slaw	<b>Plated Station</b> Mexico... Chicken Enchilada Guacamole salad <b>Grab n Go Station</b> BBQ Rib Sandwich Corn Cobbett	<b>Plated Station</b> Toasted Italian Subs Top it your way with fresh veggies <b>Grab n Go Station</b> Sweet Thai Chicken Fold over California Medley	<b>Plated Station</b> Signature Hot Dog <b>Grab n Go Station</b> Assorted Pizza Variety of Fresh Vegetables Tossed Salad
<b>WEEK #5</b>	<b>Plated Station</b> Baked Potato Bar Steamed Broccoli <b>Grab n Go Station</b> Buffalo Chicken Wrap Carrots & Ranch	<b>Plated Station</b> Chicken Fajita Wrap <b>Grab n Go Station</b> Sloppy Joes Cheesy Potatoes	<b>Plated Station</b> Germany... Bratwurst/ Sausage Bar <b>Grab n Go Station</b> Spicy Chicken Sandwich Green Beans	<b>Plated Station</b> Pot Roast over Mashed Potatoes Whole Grain Roll <b>Grab n Go Station</b> Quesadilla Corn & Bean Salsa	<b>Plated Station</b> Signature Burger Bar <b>Grab n Go Station</b> Assorted Pizza Variety of Fresh Vegetables Tossed Salad

This institution is an equal opportunity provider. Menu subject to change without notice.

	Breakfast Menu
Mon.	Uncrustable Sandwich Assorted Fruit Juice & Milk
Tue.	Hot Breakfast Sandwich Assorted Fruit Juice & Milk
Wed.	Sausage Gravy and Biscuits Assorted Fruit Juice & Milk
Thur.	Hot Breakfast Sandwich Assorted Fruit Juice & Milk
Fri.	French Toast Sticks and Sausage Assorted Fruit Juice & Milk

Yogurt parfaits and additional grab and go breakfast items will be available on a rotating basis.

Other everyday lunch options will include Salad Bar and Peanut Butter Uncrustable. All lunches will include a variety of fresh vegetables, fruits, and ice cold milk.



\*Breakfast and Lunch is FREE to ALL STUDENTS. However, there is a charge for a la carte items and additional meals.  
\*To be eligible for other fee discounts and waivers from the state and federal level we encourage all parents to still complete a free and reduced meal application.

\*Free & reduced price meal applications are available in the school office or on our website.  
\*To add funds to a student's meal account please visit <http://myschoolbucks.com> to set up an account and make payments. We will be accepting cash in all our cafeterias.

\*Any negative balances from past years that still exist are expected to be paid in full by the end of this school year.

SEPTEMBER	M	T	W	T	F
30	31	1	2	3	
6	7	8	9	10	
13	14	15	16	17	
20	21	22	23	24	
27	28	29	30		

OCTOBER	M	T	W	T	F
					1
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11	12	13	14	15	
18	19	20	21	22	
25	26	27	28	29	

NOVEMBER	M	T	W	T	F
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15	16	17	18	19	
22	23	24	25	26	
29	30				

DECEMBER	M	T	W	T	F
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13	14	15	16	17	
20	21	22	23	24	
27	28	29	30	31	

JANUARY	M	T	W	T	F
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24	25	26	27	28	
31					

FEBRUARY	M	T	W	T	F
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21	22	23	24	25	
28					

MARCH	M	T	W	T	F
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28	29	30	31		

APRIL	M	T	W	T	F
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18	19	20	21	22	
25	26	27	28	29	

MAY	M	T	W	T	F
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9	10	11	12	13	
16	17	18	19	20	
23	24	25	26	27	
30	31				