

River Valley High School/ Middle School 2022-2023 LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1	*Burrito Bowl Fire Roasted Corn & Black Beans *Pizza Sub Buttered Corn	*Sunday Dinner Mashed Potatoes Cinnamon Roll *Spicy Chicken Tenders Mashed Potatoes Cinnamon Roll	*Baked Lasagna Garlic Breadstick Seasoned Green Beans *Pizza Burger Seasoned Green Beans	*Crispy Chicken Tenders w/ Mac and Cheese Parmesan Broccoli * Grilled Chicken Sandwich Parmesan Broccoli	*Variety of Sliders Sweet Potato Fries *Assorted Pizza Glazed Carrots
WEEK #2	*Breakfast Bowl *Spicy Chicken Sandwich Seasoned Red Skin Potatoes	*Street Taco's Mexican Street Corn *Quesadilla's Mexican Street Corn	*Baked Potato Bar Buttered Roll Parmesan Broccoli *Pepperoni Calzone Seasoned Green Beans	*All American Bar Crispy French Fries *Chicken Patty Sandwich Crispy French Fries	* Baked Ravioli Garlic Breadstick Parmesan Broccoli *Assorted Pizza Parmesan Broccoli
WEEK #3	*Loaded Totchos Tortilla Chips w/ Salsa *Popcorn Chicken Crispy Tater Tots	*Grilled Cheese Tomato soup Pickle * Cheese Crunchers w/Marinara Sauce Seasoned Peas	* Build your own Sub * Corn Dog Buttery Corn Cobbett	*Boneless Wings Sweet Potato Fries *BBQ Rib Sandwich Sweet Potato Fries	*Pot Stickers Fried Rice Seasoned Stir Fry Veggies *Assorted Pizza Seasoned Green Beans
WEEK #4	*Breakfast for Lunch *BBQ Pork Sandwich Hash brown	*Build your own Chicken or Beef Burrito *Sweet Thai Chicken Wrap Seasoned Green Beans	*Chicken Noodles Mashed Potatoes Roll *Chicken Tenders Mashed Potatoes Roll	*Loaded Nachos Cheesy Refried Beans *Soft Pretzel & Cheese Sweet Potato Fries	*Chicken Fajita Cheesy California Blend *Assorted Pizza Cheesy California Blend
WEEK #5	*Popcorn Chicken Bowl *Bosco Stick w/Marinara Sauce Buttery Corn	* Asian Bar Fortune cookie Seasoned Stir Fry Veggies *Smoked Sausage French Fries	*Italian Pasta Bar Parmesan Broccoli *Blazing Buffalo Wrap Baked Garlic Parmesan Potato Wedges	*Deluxe Cheeseburger Baked Beans * Parmesan Chicken Sandwich Baked Beans	*Korean Noodle Bowl Stir Fry Veggies *Assorted Pizza Seasoned Green Beans

Breakfast Menu	
Mon.	Viking Bakery Vary of Pastries Assorted Fruit Juice & Milk
Tue.	Freshly Made Breakfast Sandwich Assorted Fruit Juice & Milk
Wed.	Sausage Gravy and Biscuits Assorted Fruit Juice & Milk
Thur.	Freshly Made Breakfast Sandwich Assorted Fruit Juice & Milk
Fri.	French Toast Sticks and Sausage Assorted Fruit Juice & Milk



*Breakfast and Lunch are **NO LONGER FREE** to **ALL STUDENTS**. Breakfast price \$1.75. Lunch price \$3.05.

*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 or checks 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.

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

Other everyday lunch options will include build your own salad station, peanut butter Uncrustable sandwich, & a variety of cold wraps and sandwiches. All meals will include your choice of a variety of fresh vegetables, fruits, and ice-cold milk. There will also be a variety of a la cart items available to purchase.

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

AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
MTWTF	MTWTF	MTWTF	MTWTF	MTWTF
15-16 17 18 19	1 2 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 26 27 28 29 30	3 4 5 6 7 10 11 12 13 14 17 18 19 20 21 24 25 26 27 28 31	1 2 3 4 7 8 9 10 11 14 15 16 17 18 21 22 24 25 26 28 29 30	1 2 5 6 7 8 9 12 13 14 15 16 19 20 21 22 23 24 25 26 27 28