



River Valley High & Middle School 23/24



MEAL PRICING:

Breakfast Full Price	\$1.75
Lunch Full Price	\$3.05
Reduced Breakfast/ Lunch Price	Free

LUNCH Menu

August-December 2023

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Waffles w/ asst Toppings Popcorn Chicken Crispy Tater Tots	Build Your Own Taco Bar Italian Chicken Sandwich Seasoned Green Beans	Italian Pasta Bar Loaded with Options Mini Corn Dogs Parmesan Broccoli	All American Bar Buffalo Chicken Wrap / BBQ Chicken Baked Beans	Hot & Fresh Pizza BBQ Rib Patty Hot & Crispy Sweet Potato Fries
2	Build Your Own Deli Sub w/ all the Toppings Pizza Melt Seasoned Green Beans	Nacho/ Walking Taco Bar w/ all the Toppings Calzone Black Beans & Corn	Homestyle Bar Meatloaf/ Salisbury Drumstick w/ Mac & Cheese Buttery Mashed Potatoes	Asian Chicken Bar W/ 2 Different Varieties Cheese Crunchers Stir Fry Veggies	Hot & Fresh Pizza Nashville Hot Chicken Seasoned Potato Wedges
3	Breakfast For Lunch Bar Hot Ham & Cheese Sandwich Crispy Tater Tots	Street Taco Bar w/ all the Toppings Pizza Quickies Black Bean Salad	Potato Bar W/ Toppings Parmesan Chicken Sandwich Seasoned Green Beans	Boneless Wings 3 Different Varieties Cheeseburger Hot & Crispy French Fries	Hot & Fresh Pizza Crispy Chicken BLT Buttered Corn
4	Soup & Sandwich Bar Grilled Chicken Club Sandwich Seasoned Potato Wedges	Burrito Bowl w/ all the Toppings BBQ Pork Shredded Chicken California Blend	Toasted Sub Bar w/ all the Toppings Spicy Chicken Sandwich Roasted Vegetables	BBQ Pit From Ribs to Chicken Assorted Quesadillas Seasoned Green Beans	Hot & Fresh Pizza Chicken Tenders w/ Breadstick French Fries

OTHER DAILY SELECTIONS

- *Salad Bar
- *Grab & Go Cold Options
- *Fresh Fruit & Vegetables

Meal Component

To make a meal, choice 1 entrée complete with a grain, 1 vegetable, 1 fruit, & milk. You must choose 3 of the 5 components to make a meal.

SNACKS

We offer a variety of a la carte snack & drink items in our cafeteria at additional cost.

Breakfast Menu:

Monday- Egg, Bacon, & Cheese English Muffin

Tuesday- Breakfast Pastries

Wednesday- Breakfast Pizza

Thursday- Egg, Sausage, & Cheese Croissant

Friday- Pancakes or French Toast

* Each Breakfast Comes With Fruit, Juice, & Milk

*Yogurt Parfaits & Other Grab & Go Options Available

August 2023						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

September 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

October 2023						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

November 2023						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December 2023						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24/31	25	26	27	28	29	30

Week 1 Meal Plan

Week 2 Meal Plan

Week 3 Meal Plan

Week 4 Meal Plan

- 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.
- Free & reduced-price meal applications are available in the school office or on our website <https://www.k12.org>
- Any negative balances from past years that still exist are expected to be paid in full by the end of this school year.

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