River Valley Middle & High School Menu

The LUNCH BUNCH

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	BREAKFAST	Chocolate Chip French Toast Craisins Milk	Chicken Waffle Sandwich Apple Slices Juice Milk	Muffin Sour Raisins Juice Milk	Sausage Egg & Cheese Muffin Grapes Juice Milk	Donuts Dried Apples Juice Milk
	LUNCH	**Grab & Go** Chicken Parmesan Sandwich Tater Tots **Plated Station** French Toast Sausage Links Tater Tots **Salad Bar** Chef Salad or Wrap	**Grab & Go** Crispy Chicken BLT Foldover Grean Beans **Plated Station** Pasta Bar Breadstick Green Beans **Salad Bar** Taco Salad Bar or Burrito Wrap	**Grab & Go** Shredded Chicken Sandwich Sloppy Joe Sandwich Buttered Corn **Plated Station** Grilled Cheese Tomato Soup Buttered Corn **Salad Bar** Chef Salad or Wrap	**Grab & Go** Pepperoni Bosco Stick Pulled Pork Sandwich Sweet Peas **Plated Station** Walking Taco Choice of Toppings Corn & Black Bean **Salad Bar** Chicken Tender Salad or Wrap	**Grab & Go** Specialty Pizza Cheese Pizza French Fries **Plated Station** Cheeseburger Spicy Chicken Sandwich Side Winders **Salad Bar** Chef Salad or Wrap
2	BREAKFAST	Blueberry Pancakes Craisins Juice Milk	Sausage Biscuit Sandwich Apple Slices Juice Milk	Mini Cinni Sour Raisins Juice Milk	Ham, Egg, & Cheese on a Croissant Grapes Juice Milk	Donuts Dried Apples Juice Milk
	LUNCH	**Grab & Go** Pizza Rippers Broccoli **Plated Station** Wing Bar Mac & Cheese Roasted Broccoli **Salad Bar** Chef Salad or Wrap	**Grab & Go** Drumstick w/ Cornbread BBQ Baked Beans **Plated Station** Loaded Bowl Dinner Roll Mixed Vegetables **Salad Bar** Taco Salad or Burrito Wrap	**Grab & Go** Calzone Glazed Carrots **Plated Station** Meatloaf Salisbury Steak & Roll Mashed Potatoes Glazed Carrots **Salad Bar** Chef Salad or Wrap	**Grab & Go** Buffalo Chicken Tortilla Wrap Cheesy Cauliflower **Plated Station** Chipotle Bowl Choice of Veggie Toppings **Salad Bar** Chicken Tender Salad or Wrap	**Grab & Go** Specialty Pizza Peeperoni Pizza French Fries **Plated Station** Cheeseburger Breaded Chicken Sandwich French Fries **Salad Bar** Chef Salad or Wrap
3	BREAKFAST	Confetti Pancakes Craisins Juice Milk	Pancake & Sausage Sandwich Apple Slices Juice Milk	Apple Cinnamon French Toast Sour Raisins Juice Milk	Biscuits & Gravy Grapes Juice Milk	Donuts Dried Apples Juice Milk
	LUNCH	**Grab & Go** Mozzarella Sticks Stuffed Crust Pizza Seasoned Corn **Plated Station** Chicken Noodles Mashed Potatoes Corn & Roll **Salad Bar** Chef Salad or Wrap	**Grab & Go** Bosco Sticks Pizza Calzone Green Beans **Plated Station** Sausage Gravy Biscuits Scrambled Eggs Breakfast Potatoes **Salad Bar** Taco Salad or Burrito	**Grab & Go** Chicken Tenders Sweet Waffle Fries **Plated Station** Tater Tot Casserole California Medley Corn Bread **Salad Bar** Chef Salad or Wrap	**Grab & Go** BBQ Rib Sandwich BBQ Baked Beans **Plated Station** Arroz Con Pollo Peppers & Onions Seasoned Corn **Salad Bar** Chicken Tender Salad or Wrap	**Grab & Go** Specialty Pizza Cheese Pizza Sidewinders **Plated Station** Cheeseburger Spicy Chicken Sandwich Sidewinder **Salad Bar** Chef Salad or Wrap
4	BREAKFAST	Cinnamon French Toast Craisins Juice Milk	Breakfast Burrito Apple Slices Juice Milk	Bagel With Cream Cheese Sour Raisins Juice Milk	Sausage Pancake on a Stick Grapes Juice Milk	Donuts Dried Apples Juice Milk
	LUNCH	**Grab & Go** Spicy Chicken Tenders Seasoned Corn **Plated Station** Asian Bar Fried Rice Roasted Broccoli **Salad Bar** Chef Salad or Wrap	**Grab & Go** Fish and Chips Cole Slaw Cheese Quesadilla **Plated Station** Build your own Sub BBQ Baked Beans **Salad Bar** Taco Salad or Burrito Wrap	**Grab & Go** Cheese Crunchers Green Beans **Plated Station** Boneless Wings Onion Rings Carrots & Celery Breadstick **Salad Bar** Chef Salad or Wrap	**Grab & Go** BBQ Chicken Wrap Sweet Peas **Plated Station** Loaded Baked Potato Choice of Toppings Steamed Broccoli Banana Bread **Salad Bar** ChickenTender Salad	**Grab & Go** Specialty Pizza Peeperoni Pizza French Fries **Plated Station** Cheeseburger Chicken Patty French Fries **Salad Bar** Chef Salad or Wrap

AUGUST

M	T	W	T	F
17	18	19	20	21
24	25	26	27	28
31				

SEPTEMBER

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

OCTOBER

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

NOVEMBER

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30				

DECEMBER

M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

JANUARY

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

FEBRUARY

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

MARCH

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

APRIL

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

MAY

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

This institution is an equal opportunity provider, employer, and lender . Menu subject to change without notice.

The following major food allergens are used as ingredients: Milk, Egg, Fish, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, and Soy. Please notify a Food Employee for more information about these ingredients.