

# Breakfast

# September 2016

| Monday   | Tuesday                              | Wednesday                             | Thursday                              | Friday  | Saturday | Sunday |
|--|--------------------------------------|---------------------------------------|---------------------------------------|---|----------|--------|
| <b>All meals offered with<br/>½ cup fruit and<br/>milk/juice</b> |                                      |                                       | 1<br>Breakfast Sandwich               | 2<br>Cereal Variety<br>Yogurt                   | 3        | 4      |
| 5<br><b>No School!</b>   | 6<br>Cereal Variety<br>String Cheese | 7<br>Breakfast Pizza                  | 8<br>Cereal Variety<br>Sausage Patty  | 9<br>French Toast & Syrup<br>Yogurt             | 10       | 11     |
| 12<br>Waffle & Syrup   | 13<br>Breakfast Pizza                | 14<br>Cereal Variety<br>String Cheese | 15<br>Pancake Roll Up                 | 16<br>Muffin Variety<br>Yogurt                  | 17       | 18     |
| 19<br>Breakfast Burrito  | 20<br>Cereal Variety<br>Yogurt       | 21<br><b>No School!</b>               | 22<br>Cereal Variety<br>String Cheese | 23<br>French Toast Sticks w/<br>Syrup<br>Yogurt | 24       | 25     |
| 26<br>Pancake w/ Syrup   | 27<br>Breakfast Pizza                | 28<br>Cereal Variety<br>Sausage Patty | 29<br>Breakfast Sandwich              | 30<br>Cereal Variety<br>Yogurt                  |          |        |
|  |                                      |                                       |                                       |   |          |        |

# RVH Lunch

# September 2016

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday | Sunday |
|---|---|--|---|---|----------|--------|
|   |   |  | 1<br>Pig N' Blanket Roll<br>Fresh Broccoli<br>Wedge Fries<br>Fresh Apple                    | 2<br>Pepperoni Pizza<br>Winter Blend Veggies<br>Fresh Red Pepper Strips<br>Chocolate Chip Cookie<br>Diced Peaches                 | 3        | 4      |
| 5<br><b>No School!</b>                                      | 6<br>Corn Dog<br>Baked Beans<br>Salad<br>Cherry Tomatoes<br>Fresh Apple | 7<br>Chicken & Noodles<br>Mashed Potatoes<br>Green Beans<br>Roll<br>Banana | 8<br>Popcorn Chicken<br>Steamed Carrots/Peas<br>Celery Sticks<br>Roll & Jelly<br>Applesauce | 9<br>Cheese Pizza Sticks<br>Marinara Sauce<br>Country Mix Veggies<br>Fresh Baby Carrots<br>Snickerdoodle Cookie<br>Tropical Fruit | 10       | 11     |
| 12<br>Chicken Nuggets<br>Mashed Potatoes & Gravy<br>Carrots | 13<br>Taco Salad<br>Shredded Romaine Lettuce<br>Diced Tomatoes          | 14<br>Hot Dog<br>Baked Beans<br>Fresh Salad<br>Apple                       | 15<br>Chili<br>Cinnamon Roll<br>Greenbeans<br>Crackers                                      | 16<br>Chicken Sandwich<br>Waffle Sweet<br>Potato Fries<br>Romaine Lettuce &   | 17       | 18     |

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|--|---|---|--|---|----|----|
| Roll<br>Fruit Cocktail   | Cheddar Cheese<br>Steamed Broccoli<br>Sliced Peaches  | Chocolate Chip<br>Cookie  | Orange   | Sliced tomato<br>Pineapple Chunks   |    |    |
| 19   | 20  | 21  | 22   | 23  | 24 | 25 |
| Chicken Crisпитos<br>Pinto Beans<br>Mexicali Corn<br>Salsa<br>Mandarin<br>Oranges                | Hamburger<br>Romaine Lettuce &<br>Sliced Tomato<br>Tator Tots<br>Pear Slices                    | <b>No School!!</b>  | Mini Meatball Sub<br>Fresh Broccoli Florets<br>Creamy Coleslaw<br>Fresh Banana | Chicken Sticks<br>Crinkle Cut Fries<br>Steamed Carrots<br>Roll/Jelly<br>Pineapple Slices                              |    |    |
| 26   | 27  | 28  | 29   | 30  |    |    |
| Country Fry Steak<br>Mashed Potatoes<br>& Gravy<br>California Veggie<br>Blend<br>Rosy Applesauce | Taco Soup<br>Nacho Chips<br>Spanish Rice<br>Refried Beans<br>Fresh Baby Carrots<br>Fresh Orange | Pasta Bake<br>Steamed Corn<br>Romaine Salad<br>Garlic Breadstick<br>Pineapple Tidbits | Pig N' Blanket<br>Roll<br>Fresh Broccoli<br>Wedge Fries<br>Fresh Apple         | Pepperoni Pizza<br>Winter Blend<br>Veggies<br>Fresh Red Pepper<br>Strips<br>Chocolate Chip<br>Cookie<br>Diced Peaches |    |    |
|  |   |   |  |   |    |    |

# HS/MS Lunch September 2016

| Monday          | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday | Sunday |
|-----------------|---|---|---|---|----------|--------|
|                 |   |   | 1<br>Pig N' Blanket<br>Roll<br>Fresh Broccoli Florets<br>Wedge Fries<br>Fresh Apple<br><b>Alt Entrée: Cheese Sticks</b> | 2<br>Pepperoni Pizza<br>Winter Blend Mix Veggies<br>Fresh Red Pepper Strips<br>Chocolate Chip Cookie<br>Diced Peaches<br><b>Alt Entrée: Chef's Choice</b>                     | 3        | 4      |
| 5<br>No School! | 6<br>Corn Dog<br>Baked Beans<br>Fresh Salad<br>Cherry Tomatoes<br>Apple<br><b>Alt Entrée: Hamburger</b> | 7<br>Chicken & Noodles<br>Mashed Potatoes<br>Greenbeans<br>Roll<br>Banana<br><b>Alt Entrée: Pepperoni Pizza</b> | 8<br>Popcorn Chicken Bites<br>Peas & Carrots<br>Celery<br>Roll<br>Applesauce<br><b>Alt Entrée: Cheese sticks</b>        | 9<br>Cheese Pizza Sticks<br>Marinara Dipping Sauce<br>Country Mix Veggies<br>Fresh Baby Carrots<br>Snickerdoodle Cookie<br>Tropical Fruit<br><b>Alt Entrée: Chef's Choice</b> | 10       | 11     |

|  |  |   |  |   |    |    |
|--|--|---|--|---|----|----|
| 12   | 13   | 14  | 15   | 16  | 17 | 18 |
| Chicken Nuggets<br>Mashed Potatoes & Gravy<br>Roll<br>Carrots<br>Fruit Cocktail<br><b>Alt Entrée: Cheese Pizza</b> | Taco Salad<br>Shredded Romaine Lettuce<br>Diced Tomatoes<br>Cheddar Cheese<br>Steamed Broccoli<br>Sliced Peaches<br><b>Alt Entrée: Hamburger</b> | Hot Dog<br>Baked Beans<br>Fresh Salad<br>Apple<br>Chocolate Chip Cookie<br><b>Alt Entrée: Pepperoni Pizza</b> | Chili<br>Cinnamon Roll<br>Greenbeans<br>Crackers<br>Fresh Orange<br><b>Alt Entrée: Cheese sticks</b>               | Chicken Sandwich<br>Waffle Sweet Potato Fries<br>Romaine Lettuce & Sliced tomato<br>Celery Sticks<br>Pineapple Chunks<br><b>Alt Entrée: Chef's Choice</b> |    |    |
| 19   | 20   | 21  | 22   | 23  | 24 | 25 |
| Chicken Crisпитos<br>Pinto Beans<br>Mexicali Corn<br>Salsa<br>Mandarin Oranges<br><b>Alt Entrée: Cheese Pizza</b>  | Hamburger<br>Romaine Lettuce & Sliced Tomato<br>Tator Tots<br>Pear Slices<br><b>Alt Entrée: Hamburger</b>  | <b>No School!</b>   | Mini Meatball Sub<br>Fresh Broccoli Florets<br>Creamy Coleslaw<br>Fresh Banana<br><b>Alt Entrée: Cheese sticks</b> | Chicken Sticks<br>Crinkle Cut Fries<br>Steamed Carrots<br>Roll/Jelly<br>Pineapple Slices<br><b>Alt Entrée: Chef's Choice</b>                              |    |    |
| 26   | 27   | 28  | 29   | 30  |    |    |
| Country Fry Steak<br>Mashed Potatoes & Gravy<br>California Veggie Blend<br>Rosy Applesauce                         | Taco Soup<br>Nacho Chips<br>Spanish Rice<br>Refried Beans<br>Fresh Baby Carrots  | Pasta Bake<br>Steamed Corn<br>Romaine Salad<br>Garlic Breadstick<br>Pineapple Tidbits                         | Pig N' Blanket Roll<br>Fresh Broccoli Florets<br>Wedge Fries<br>Fresh Apple  | Pepperoni Pizza<br>Winter Blend Mix Veggies<br>Fresh Red Pepper Strips<br>Chocolate Chip  |    |    |

|                                     |  |  |                                      |   |  |  |
|-------------------------------------|--|--|--------------------------------------|---|--|--|
| <b>Alt Entrée:<br/>Cheese Pizza</b> | Fresh Orange<br><b>Alt Entrée: Hamburger</b> | <b>Alt Entrée:<br/>Pepperoni Pizza</b> | <b>Alt Entrée: Cheese<br/>Sticks</b> | Cookie<br>Diced Peaches<br><b>Alt Entrée: Chef's<br/>Choice</b> |  |  |
|                                     |  |  |                                      |   |  |  |