

Monday	Tuesday	Wednesday	Thursday	Friday	Cafeteria Information
				9/1/23	<b>Breakfast</b> <b>Choice of one Entrée</b> Item Featured on Menu OR Cereal, Cereal Bar w/ Cheese Stick <b>Choose One Side</b> Assorted Fruits <b>Choose One</b> White or Chocolate Milk
9/4/23	9/5/23	9/6/23	9/7/23	9/8/23	<b>Lunch</b>
No School. Labor Day	Cereal Bar (6-12th Cereal Choice), Mozz Cheese Stick, Fruit Cup, 100% Fruit Juice Variety, Milk Variety	Maple Pancakes, Sausage Links, Fresh Banana, 100% Fruit Juice Variety, Milk Variety	Egg Omelet, Apple Frudel, Fruit Cocktail, 100% Fruit Juice Variety, Milk Variety	Muffin Choice, Yogurt, Tropical Fruit, 100% Fruit Juice Variety, Milk Variety	<b>RVH Lunch</b> Students must select at least one fruit or vegetable and two other menu items. Students may select all of the items on the featured menu. *
9/11/23	9/12/23	9/13/23	9/14/23	9/15/23	<b>GMS / GHS Lunch</b> <b>Choice of one Entrée</b> <b>Main Line</b> - Select one Entrée from Featured Menu. <b>Alt. Line</b> - Rotates Daily (Choice of Chicken Sandwich, Trojan Burger, Pizza, BBQ Rib on a Bun or Crispos) <b>Cold Deli Line - All items Offered Daily:</b> Chef Salad Strawberry or Blueberry Yogurt Parfait Cubed Cheese, Grape & Cracker Cups Ham or Turkey Sandwich w/ Doritos * <b>Choose up to Three Sides</b> Side Salad, Assorted Fresh Fruit, Assorted Canned Fruit, Featured Vegetables, Grains & Desserts * <b>Choose One</b> White or Chocolate Milk
WG Cereal Variety, String Cheese, Fresh Orange, 100% Fruit Juice Variety, Milk Variety	Biscuits & Gravy, Fresh Apple, 100% Fruit Juice Variety, Milk Variety	Breakfast Pizza, Tropical Fruit, 100% Fruit Juice Variety, Milk Variet	Breakfast Combo Bar (Hashbrown, Ham & Cheese), Pumpkin Bread Sliced Pineapple, 100% Fruit Juice Variety, Milk Variety	Blueberry Waffles w/ Syrup, Yogurt, Fresh Banana, 100% Fruit Juice Variety, Milk Variety	
9/18/23	9/19/23	9/20/23	9/21/23	9/22/23	
No School	Cereal Bar (6-12th Cereal Choice), Mozz Cheese Stick, Fruit Cup, 100% Fruit Juice Variety, Milk Variety	Cinnamon French Toast w/ Syrup, Sausage Links, Fresh Banana, 100% Fruit Juice Variety, Milk Variety	Egg Biscuit, Pineapple Chunks, 100% Fruit Juice Variety, Milk Variety	Ultimate Breakfast Round, Yogurt, Tropical Fruit, 100% Fruit Juice Variety, Milk Variety	
9/25/23	9/26/23	9/27/23	9/28/23	9/29/23	
WG Cereal Variety, String Cheese, Sliced Peaches, 100% Fruit Juice Variety, Milk Variety	Sausage Biscuit, Fresh Apple, 100% Fruit Juice Variety, Milk Variety	Breakfast Tornado, Fruit Cocktail, 100% Fruit Juice Variety, Milk Variety	Pancake on a Stick, Applesauce, 100% Fruit Juice Variety, Milk Variety	French Toast Sticks w/ Syrup, Yogurt, Sliced Pears, 100% Fruit Juice Variety, Milk Variety	
This Menu is Subject to Change Without Notice					