



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Cafeteria Information
		Eat 1/2 cup of fruits and vegetables with every meal! 	"This institution is an equal opportunity provider and employer."	10/1/21 Waffles w/ Syrup, Sausage, Mixed Fruit, 100% Fruit Juice Variety, Milk Variety	Breakfast Choice of one Entrée Item Featured on Menu OR Cereal, Cereal Bar w/ Cheese Stick Choose One Side Assorted Fruits Choose One White or Chocolate Milk
10/4/21	10/5/21	10/6/21	10/7/21	10/8/21	Lunch
WG Cereal Variety, String Cheese, Sliced Peaches, 100% Fruit Juice Variety, Milk Variety	Sausage Biscuit, Fresh Apple, 100% Fruit Juice Variety, Milk Variety	Breakfast Pizza, Fruit Cocktail, 100% Fruit Juice Variety, Milk Variety	Pancake on a Stick, Diced Peaches, 100% Fruit Juice Variety, Milk Variety	French Toast Sticks w/ Syrup, Yogurt, Sliced Pears, 100% Fruit Juice Variety, Milk Variety	RVH Lunch 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. *
10/11/21	10/12/21	10/13/21	10/14/21	10/15/21	GMS / GHS Lunch Choice of one Entrée Main Line - Select one Entrée from Featured Menu. Alt. Line - Rotates Daily (Choice of Chicken Sandwich, Trojan Burger, Pizza, BBQ Rib on a Bun or Crisptos) Cold Deli Line - All items Offered Daily: Chef Salad Strawberry or Blueberry Yogurt Parfait Cubed Cheese, Grape & Cracker Cups Ham or Turkey Sandwich w/ Doritos Tuna Salad w/ Cucumber, Tomato & Cracker * Choose up to Three Sides Side Salad, Assorted Fresh Fruit, Assorted Canned Fruit, Featured Vegetables, Grains & Desserts * Choose One White or Chocolate Milk
Cereal Bar (6-12th Cereal Choice), Mozz Cheese Stick, Fruit Cup, 100% Fruit Juice Variety, Milk Variety	Egg & Cheese Sandwich, Mandarin Oranges, 100% Fruit Juice Variety, Milk Variety	Maple Pancakes, Sausage Links, Fresh Banana, 100% Fruit Juice Variety, Milk Variety	Breakfast Tornado, Diced Peaches, 100% Fruit Juice Variety, Milk Variety	Muffin Choice, Yogurt, Tropical Fruit, 100% Fruit Juice Variety, Milk Variety	
10/18/21	10/19/21	10/20/21	10/21/21	10/22/21	
WG Cereal Variety, String Cheese, Fresh Orange, 100% Fruit Juice Variety, Milk Variety	Breakfast Crispito, Sliced Pears, 100% Fruit Juice Variety, Milk Variety	Scrambled Egg & Bacon Pizza, Mandarin Oranges, 100% Fruit Juice Variety, Milk Variety	Breakfast Combo Bar (Hashbrown, Ham & Cheese), Blueberry Muffin, Sliced Pineapple, 100% Fruit Juice Variety, Milk Variety	Blueberry Waffles w/ Syrup, Yogurt, Fresh Banana, 100% Fruit Juice Variety, Milk Variety	
10/25/21	10/26/21	10/27/21	10/28/21	10/29/21	
WG Cereal Variety, String Cheese, Sliced Peaches, 100% Fruit Juice Variety, Milk Variety	Sausage Biscuit, Fresh Apple, 100% Fruit Juice Variety, Milk Variety	Breakfast Pizza, Fruit Cocktail, 100% Fruit Juice Variety, Milk Variety	Mini Pancake Roll Up, Diced Peaches, 100% Fruit Juice Variety, Milk Variety	No School 	

This Menu is Subject to Change Without Notice