



Redbank Valley Intermediate School

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
26 TEACHER IN SERVICE	27 TEACHER IN SERVICE	28 Mini Raviolis w/ Garlic Breadstick Corn Baked Beans Pears	29 Chicken Patty on Bun Garden Side Salad French Fries Pears Fresh Baby Carrots	30 Cheese Pizza Garden Side Salad Green Beans Fruit Cocktail	You must re apply each year for Free/Reduced lunches. Unless you received a paper THIS School year saying you are approved, you need to reapply. Please visit paschoolmeals.com to apply or call the cafeteria for a paper application
2 LABOR DAY NO SCHOOL	3 Corndog on Stick w/ Cheez IT Crackers Garden Salad Green Beans Peaches	4 Chicken Tenders w/ WG Roll Garden Side Salad Green Beans Broccoli w/ Cheese sauce Peaches	5 Cheese & Potato Pierogies w/ Roll OR Bacon Turkey Wrap Baby Carrots Green Beans Pears	6 Mini Calzones California Veggies Strawberries	Breakfast is FREE TO ALL STUDENTS. Please stop in and start your day off in the cafeteria.
9 Browned Beef & Gravy over Mashed Potatoes & bread slice w/ butter Garden Salad Corn Pineapple	10 Pulled Pork Sandwich Garden Salad Green Beans French Fries Applesauce	11 Ham & Turkey Sub Garden Salad Baked Beans Fresh Carrots Pears	12 Chicken Fingers w/ multigrain Roll Garden Salad Broccoli w/ Cheese sauce Peaches	13 Popcorn Shrimp w/ 1 Toasted Cheese Sandwich Sweet Potatoes Fresh Orange Slice	You can apply for Free & Reduced lunches at any time during the year. Please visit paschoolmeals.com to apply or call the cafeteria for a paper application
16 Chicken Patty (Plain or Hot and Spicy) Garden Salad Baked Beans Peas Pineapple	17 Ham & Turkey Sub OR Meatball Sandwich Garden Salad Cherry Tomatoes Peaches	18 Spaghetti w/ Meat sauce & Garlic Breadstick Garden Salad Green Beans Pears	19 Taco Salad OR Hot Dog on Bun Broccoli w/ Cheese Cucumber slices Applesauce	20 No School ACT 80 Day	All Lunches Served with choice of milk. Online payment options at www.myschoolbucks.com
23 Hot Ham & Cheese Bagel Garden Salad Tater Tots Peaches	24 Chicken Nuggets w/ side of Mac n Cheese Garden Salad Baked Beans Fresh Orange slice	25 Bosco Breadstick w/ dipping sauce OR Sloppy Joe/bun Garden Salad Fresh Carrots Pears	26 Pepperoni Pizza Garden Salad Broccoli w/ cheese Sweet Potatoes Fruit Cocktail	27 Mini Raviolis w/ Garlic Breadstick Green Beans Celery Sticks Applesauce	Follow us on Twitter @rbvalleycafe **Menu subject to change without notice**

<i>Yogurt, String Cheese, Brown Rice, daily fruit/veggie</i>	<i>Hamburger no bun, Brown Rice, daily fruit/veggie</i>	<i>Yogurt, String Cheese & Brown Rice, daily fruit/veggie and milk</i>	<i>Hotdog (no bun) and Brown Rice, daily fruit/veggie</i>	<i>Yogurt, String Cheese & Brown Rice, daily fruit/veggie</i>	<i>Daily Alternative option. *Just so happens this option is Gluten Free*</i>
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