



Redbank Valley Intermediate School

October 2020

| Monday | Tuesday | Wednesday | Thursday | Friday | |
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| 28 Brunch for Lunch French Toast Stick Sausage & Egg Patty Tator Tots Peaches | 29 Cheeseburger Garden Salad Fresh Broccoli florets Green Beans Pears | 30 Chicken & Ranch Twister Garden Salad Cucumber Slices Fresh Orange Slice | 1 Pulled Pork Sandwich Garden Salad Sweet Potato Fries California Veggies Pineapple | 2 NO SCHOOL Autumn Leaf | Lunch & Breakfast are free to ALL students through December 31st or until the USDA stops the program |
| 5 Cheese Pizza Garden Salad, Corn Pineapple | 6 Chicken Noodle OR Tomato Soup w/ Toasted Cheese Sandwich Garden Salad, Green Beans Fresh Carrots, Pears | 7 Chicken Tenders w/ Multigrain Roll Garden Salad Broccoli w/ Cheese Peaches | 8 Mini Corndogs Garden Salad Baked Beans French Fries Applesauce | 9 Popcorn Shrimp w/ Toasted Cheese Sandwich Sweet Potato Fries 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 |
| 12 Chicken Patty Garden Salad Baked Beans Peas Pineapple | 13 Spaghetti w/ Meat Sauce & Garlic Breadstick Garden Salad Green Beans Pears | 14 Steak Salad w/ WG roll Garden Salad Cherry Tomatoes Peaches | 15 Hot Dog on Bun Garden Salad Broccoli w/ Cheese Cucumber Slices Applesauce | 16 Galaxy Pizza Celery Sticks California Veggies Fruit Cocktail | Looking for cafeteria substitute workers. If interested pick up an application at district office. |
| 19 NO SCHOOL ACT 80 DAY | 20 Chicken Nuggets w/ side of Mac n Cheese Garden Salad Baked Beans Fresh Orange Slice | 21 Pepperoni Pizza Garden Salad Broccoli w/ Cheese Sweet Potatoes Fruit Cocktail | 22 Browned Beef & Gravy w/ Mashed Potatoes & Dinner Roll Garden Salad Pears | 23 Raviolis w/ Garlic Breadstick Green Beans Celery Sticks Applesauce | All Lunches Served with choice of milk. Online payment options at www.myschoolbucks.com |
| 26 Nachos & Cheese w/ Texas beef & rice and Soft Pretzel rod California Veggies Peaches | 27 Hamburger on Bun Garden Salad Green Beans Celery Sticks Applesauce | 28 Popcorn Chicken w/ bread stick Garden Salad Baked Beans Fresh Orange Slice | 29 Ham & Turkey Sub OR Meatball Sandwich Garden Salad Corn Pears | 30 Cheese Pizza Broccoli w/ Cheese Sweet Potato Fries Fruit Cocktail | Follow us on Twitter @rbvalleycafe **Menu subject to change without notice** |

We have a **PEANUT FREE**, **WOW BUTTER** & **GRAPE JELLY SANDWICH** available as a daily option for those students who enjoy the taste of PB & J. For information on the sandwich go to <https://albies.com/ez-jammers/>

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| Yogurt, String Cheese, Brown Rice, Daily Fruit/Veggie | Hamburger (no bun), Brown Rice, Daily Fruit/Veggie | Yogurt, String Cheese, Brown Rice, Daily Fruit/Veggie | Hot Dog (no bun), Brown Rice, Daily Fruit/Veggie | Yogurt, String Cheese, Brown Rice, Daily Fruit/Veggie | Daily Alternative Option. *This option is GLUTEN FREE* |
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