



Redbank Valley Intermediate School October 2022

Monday	Tuesday	Wednesday	Thursday	Friday	
3 Cheese Pizza Garden Salad Green Beans Fruit Cocktail	4 Soft Shell Taco w/ Churro Garden Salad California Veggies Fresh Orange Slice	5 Chicken Patty on Bun Garden Salad French Fries Fresh Baby Carrots Applesauce	6 Walking Taco California Veggies Baked Beans Strawberries	7 Cheese & Potato Pierogis w/ Roll Garden Salad Fresh Baby Carrots Green Beans Pears	Parents: Do you want some more money? The cafeteria is hiring for several positions. If interested, please stop in and pick up an application at the district office
10 Breaded Mozzarella sticks w/ dipping sauce Garden Salad Corn Fresh Orange	11 Mini Corndog Garden Salad Green Beans French Fries Applesauce	12 Ham & Turkey Sub Garden Salad Baked Beans Fresh Carrots Pears	13 Popcorn Chicken w/ multigrain Roll Garden Salad Broccoli w/ Cheese sauce Peaches	14 Pepperoni Pizza Garden Salad California Veggies Fresh Orange Slice	
17 Hot Ham & Cheese Bagel Garden Salad Broccoli Peaches	18 Spaghetti w/ meatballs & Garlic Breadstick Garden Salad Green Beans Pears	19 Chicken Tenders w/ breadstick Garden Salad Baked Beans Pineapple	20 Italian Hoagie Garden Salad Sweet Potato Fries Fruit Cocktail	21 Taco Salad Garden Salad Corn Cucumber slices Applesauce	Lunch & Breakfast are free to ALL students for the 2022-23 School Year
24 Bosco Breadstick w/ dipping sauce Garden Salad Fresh Carrots Pears	25 Chicken Nuggets w/ side of Mac n Cheese Garden Salad Baked Beans Fresh Orange slice	26 Meatball Sandwich Garden Salad Tater Tots Peaches	27 Cheese Pizza Garden Salad Sweet Potato Fries Celery Sticks Applesauce	28 ACT 80 DAY	
31 Crispy Chicken Wrap Garden Salad Cucumber slices Sweet Potato Fries Fresh Orange Slice	1 Beef Nachos & Cheese w/ pretzel rod Garden Salad California Veggies Applesauce	2 Cheeseburger on Bun Garden Salad Celery sticks Green Beans Pears	3 Browned Beef & Gravy w/ mashed Potatoes Garden Salad Fresh Baby Carrots Fruit Cocktail	4 Brunch For Lunch French Toast stick, Sausage & Egg Patty Tater Tots Peaches	
Yogurt, String Cheese, granola	Hamburger no bun, Tortilla Chips	Yogurt, String Cheese, granola	Hamburger no bun, Tortilla Chips	Yogurt, String Cheese, granola	All Lunches Served with choice of milk. Online payment options at www.myschoolbucks.com
Daily Alternative option. *Just so happens this option is Gluten Free					

Alternative entrée option Peanut Free WOW Butter and Jelly sandwiches served daily.

MENUS SUBJECT TO CHANGE WITHOUT NOTICE