

Redbank Valley JR/SR High School March 2023

Monday	Tuesday	Wednesday	Thursday	Friday	
27 Nachos & Cheese with Texas Beef & rice, soft pretzel	28 Philly Steak n Cheese Sub	1 Popcorn Chicken Bowl	2 Buffalo Chicken Twister	3 Popcorn Shrimp & Toasted Cheese Sandwich	SPREAD THE WORD!! The Cafeteria is looking for everyday and substitute workers. If interested, please stop in the office for an application DAYLIGHT SAVINGS IS MARCH 12 th . DON'T FORGET TO SET YOUR CLOCKS BEFORE YOU GO TO BED Meals are free to all students for the 2022-2023 school year. Extra items are still available at a cost Online payment options at www.myschoolbucks.com **Menu subject to change without notice**
6 Chicken Nuggets w/ side of mac n cheese	7 BBQ Rib Sandwich	8 Cheeseburger mashed potato bowl	9 Pizza Sandwich	10 Breaded Ravioli w/ cheesy breadstick and dipping sauce	
13 Oven Roasted Chicken w/ mashed potatoes & dinner roll	14 Hotdog w/ nacho cheese or Chili Sauce	15 Bacon Turkey Wrap	16 Chicken Bacon Ranch Hoagie	17 Tuna Noodle Casserole & dinner roll	
20 Chicken Noodle OR Tomato Soup w/ Toasted Cheese Sandwich	21 Beef Burrito	22 Popcorn Chicken & Garlic Breadstick	23 Ham & Cheese on Pretzel Bun	24 Fish Sticks w/ side of mac n cheese	
27 Bacon Cheeseburger	28 Pulled Pork Sandwich	29 Chicken & Ranch Flatbread	30 Buffalo Chicken Dip	31 Popcorn Shrimp & Toasted Cheese Sandwich	

Students may choose one of the daily entree choices that include a protein and grain requirement. Students may also choose from a variety of fresh and canned fruits, vegetables, and a milk serving.
STUDENTS MUST CHOOSE AT LEAST 3 OF 5 MENU COMPONENTS TO MAKE A COMPLETE MEAL, ONE OF WHICH MUST BE A FRUIT OR VEGETABLE.

