



Redbank Valley JR/SR High School

October 2022

Monday	Tuesday	Wednesday	Thursday	Friday	
3 Browned Beef & gravy w/ mashed potatoes	4 Philly Cheesesteak Sandwich	5 French Toast sticks, sausage & egg patty	6 Beef Burrito	7 Hot Ham & Cheese on Pretzel bun	Lunch & Breakfast are free to ALL students for the 2022-23 School Year
10 Chicken Nuggets w/ side of mac n cheese	11 Pulled Pork Nachos	12 Hot Italian Sub	13 Chicken Bacon Ranch Hoagie	14 Hotdog w/ nacho cheese or chili sauce	
17 Walking Taco	18 Pizza Sandwich	19 Chicken Tenders w/ garlic breadstick	20 Meatball Sandwich	21 Stuffed Shells w/ garlic breadstick	
24 Southwest Steak Wrap	25 Chili & Toasted Cheese Sandwich	26 Popcorn Chicken w/ Breadstick	27 Popcorn Shrimp & Toasted Cheese Sandwich	28 ACT 80 DAY	Looking for cafeteria substitute workers. If interested pick up an application at district office. All Lunches Served with choice of milk. Online payment options at www.myschoolbucks.com
31 Chicken Nuggets w/ side of mac n cheese	1 Spaghetti w/ meatballs & breadstick	2 Jalapeno Ranch Chicken Flatbread	3 Taco Salad	4 BBQ Rib Sandwich	**Menu subject to change without notice**
<p>Alternative entrée options of Chef's salad, Smucker's Uncrustables, Pizza or Chicken Patty served daily.</p> <p>MENUS SUBJECT TO CHANE WITHOUT NOTICE</p>					