Redbank Valley JR/SR High School October 2023

Monday	Tuesday	Wednesday	Thursday	Friday	
2 Ham & Cheese on Pretzel Bun	**3** Chicken Nuggets w/ side of mac n cheese	**4** **BRUNCH FOR LUNCH** French Toast sticks w/ sausage and egg patty	**5** Buffalo Chicken Pizza	**6** **NO SCHOOL ALF DAY**	**Good luck to all those participating in the Autumn Leaf Parade!!**
9 Pulled Pork Nachos	**10** Philly Cheesesteak Sandwich	**11** Buffalo Chicken Twister	**12** Hot Ham & Cheese Bagel	**13** BBQ Chicken Sandwich	All Lunches Served with choice of milk. Online payment options at www.myschoolbucks.com
16 Lasagna Roll up & pink alfredo sauce w/ garlic breadstick	**17** Chicken Smackers w/ garlic breadstick	**18** Hotdog w/ Nacho cheese or chili sauce	**19** Sloppy Joe Stackers	**20** Meatball Sandwich	**Lunch & Breakfast are free to ALL students for the 2022-23 School Year**
23 Cheeseburger Mashed Potato Bowl	**24** Walking Taco w/churro	**25** Hot Italian Sub	**26** BBQ Rib Sandwich	**27** **ACT 80 DAY**	
30 Pulled Pork Sandwich	**31** Crispy Chicken Sandwich	**1** **Spaghetti w/ meatballs**	**2** **Chicken Bacon Ranch Hoagie**	**3** **Ham, Egg & Cheese Croissant**	We are still experiencing supply chain shortages. Thank you for your patience and understanding with any and all menu changes

Alternative entrée options of Chef's salad, Smucker's Uncrustables, Pizza or Chicken Patty served daily.

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.