

MIDDLE SCHOOL & HIGH SCHOOL 2018-2019 LUNCH MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK #1	Burrito Bar Breaded Chicken Sandwich (WG Pepperoni Pizza) Re-Fried Beans Choice of Fruit	Toasted Italian Sub (Sausage Sandwich) WG Cheese Pizza Green Beans Choice of Fruit	Soup And Sandwich Bar BBQ Pork Sand (WG Quesadilla) California Medley Choice of Fruit	Chicken Tender Bar Smoked Sausage Sand (WG Specialty Pizza) Corn Choice of Fruit	Fritter Friday Chicken or Beef Grilled Chicken Sand (WG Cheese Pizza) Mashed Potatoes Choice of Fruit
WEEK #2	Fajita Bowl Bar (Chicken Cordon Bleu Sandwich) WG Pepperoni Pizza Cowboy Blend Choice of Juice	Baked Potato Bar Vik-Rib Sandwich (WG Cheese Pizza) Steamed Broccoli Choice of Fruit	Asian Bar (Corn Dog) WG Quesadilla Mixed Vegetables Choice of Fruit	Deluxe Burger Bar Turkey Bacon Club Roll (WG Specialty Pizza) Oven Fries Choice of Fruit	Flap Jack Friday- Pancake Bar Shredded Chicken Sandwich (WG Cheese Pizza) Choice of Vegetable Choice of Fruit
WEEK #3	Taco Bar Spicy Chicken Sandwich (WG Pepperoni Pizza) Re-Fried Beans Choice of Fruit	Loaded Tater Tot Bar Sausage Sandwich (WG Cheese Pizza) Tater Tots Choice of Fruit	Italian Bar Ham & Cheese Sandwich (WG Quesadilla) Green Beans Choice of Fruit	Boneless Wing Bar (Sloppy Joe Sandwich) WG Specialty Pizza California Medley Choice of Fruit	Finger Food Friday Grilled Chicken Sandwich (WG Cheese Pizza) Corn Cobbett Choice of Fruit
WEEK #4	(Southwestern Fold-Over) Meatball Sub WG Pepperoni Pizza Choice of Vegetable Choice of Fruit	Breakfast for Lunch Bar Buffalo Chicken Sandwich (WG Cheese Pizza) Hash Brown Choice of Fruit	Chicken & Noodles Viking Burger (WG Quesadilla) Steamed Carrots Choice of Fruit	Loaded Hot Dog Bar Chicken Bacon Club Roll (WG Specialty Pizza) Baked Beans Choice of Fruit	Philly Steak Friday Fish Sandwich (WG Cheese Pizza) Seasoned Wedges Choice of Fruit

Items listed in (red) are only available at High School. Other "Smart Snack" al a cart items are also available.

Other Daily Healthy Options: Large Entrée Salads w/ Protein & WG Roll, Deli Sandwiches & Wraps, Side Salads, Fresh Veggies & Hummus, & Fresh Fruits can be used to build a meal.

This institution is an Equal Opportunity Provider. For more nutritional information please visit <http://rvk12.org>

Follow the menu with its calendar day. Each week is represented by a color and represents a 4-week cycle menu.

SEPTEMBER

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

OCTOBER

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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

NOVEMBER

S	M	T	W	T	F	S
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18	19	20	21	22	23	24
25	26	27	28	29	30	

DECEMBER

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

JANUARY

S	M	T	W	T	F	S
	4	3	2	1		
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

FEBRUARY

S	M	T	W	T	F	S
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17	18	19	20	21	22	23
24	25	26	27	28		

MARCH

S	M	T	W	T	F	S
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17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

APRIL

S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				



*Choice of Milk is included with a meal.

*Parents are encouraged to pre-pay for meals. Visit <http://myschoolbucks.com> to set up your account and make payments.

*Free & reduced price lunch application are available in the school office or apply online at www.rvk12.org

*Students will be allowed to charge their lunch if they forget lunch money or their account balance is low. However, it is expected that the charge be paid the next day.

MENU SUBJECT TO CHANGE

- 2Hr Delay Menu
- Mac & Cheese Bar
- Mini Corn Dogs
- Pepperoni Calzone
- Choice of Vegetable & Fruit

PRICES

- Lunch..... \$2.85
- Reduced..... \$0.40
- Extra Milk..... \$0.50

Special Lunch Events

SEPT. 21th	Keep your mind sharp this year... This meal is designed to help with that... A meal for your Mind!!
OCT. 18th	Health Awareness Meal! Can foods really help fend off diseases like... Cancer, Heart Disease, Alzheimer's, & Diabetes??
NOV. 20th	Happy Thanksgiving! Pilgrims Feast... GOBBLE-GOBBLE
DEC. 19th	Happy Holidays! Enjoy a Festive, Holiday Meal.
JAN. 7th	Kick off 2019 with GOOD HEALTH in mind. A Meal with a PURPOSE!
FEB. 8th	Keep your Heart Healthy, one meal at a time. Heart Healthy never tasted so good!!