



RVLA-Middle/High School

FEATURE OF THE MONTH

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Lunch: No School		3	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (V) Cheesy Beans and Rice, WG Chip Packs, fresh fruit, and veggies PM Snack: Cheddar Cheese Guppies, fresh fruit	4	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies PM Snack: Yoplait Raspberry Yogurt, fresh fruit	5	Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: (V) Pasta Alfredo, Whole Wheat Roll, fresh fruit, and veggies PM Snack: Pretzels, fresh fruit	6	Breakfast: Hardboiled Egg, GF WH Honey Nut Cereal , fresh fruit Lunch: (DF) Chicken Bites, Whole Wheat Roll, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies PM Snack: Yoplait Raspberry Yogurt, WG Muffin
Breakfast: GF WG Original Cheerios , String Cheese, fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies PM Snack: WG Muffin, String Cheese	10	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: (DF) Teriyaki Chicken with Rice, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, DF) Teriyaki Black Bean & Rice, Whole Wheat Roll, fresh fruit, and veggies PM Snack: Cheddar Cheese Guppies, fresh fruit	11	Breakfast: GF WH Honey Nut Cereal , Hardboiled Egg, fresh fruit Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies PM Snack: Yoplait Raspberry Yogurt, fresh fruit	12	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies PM Snack: Pretzels, fresh fruit	13	Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: (DF) Whole Grain Chicken Corn Dog, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies PM Snack: WG Muffin, Yoplait Raspberry Yogurt	14
Lunch: No School	17	Breakfast: Whole Wheat Bagel, Cream Cheese, fresh fruit Lunch: Somalian Chicken & Rice, Whole Wheat Roll, fresh fruit, and veggies Alt. Lunch: (V, GF, DF) Egg Fried Rice, Whole Wheat Roll, fresh fruit, and veggies PM Snack: Cheddar Cheese Guppies, fresh fruit	18	Breakfast: WG Muffin, String Cheese, fresh fruit Lunch: Turkey and Provolone Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies PM Snack: Yoplait Raspberry Yogurt, fresh fruit	19	Breakfast: Cinnamon Granola Pack, Yoplait Raspberry Yogurt, fresh fruit Lunch: (V) Bean and Cheese Burrito, fresh fruit, and veggies PM Snack: Pretzels, fresh fruit	20	Breakfast: GF WH Honey Nut Cereal , String Cheese, fresh fruit Lunch: (DF) Breaded Chicken Breast Sandwich, fresh fruit, and veggies, and veggies Alt. Lunch: (V) Traditional Pizza Bagel, fresh fruit, and veggies, and veggies PM Snack: WG Muffin, Yoplait Raspberry Yogurt	21
Breakfast: GF WG Original Cheerios , Hardboiled Egg, fresh fruit Lunch: (V) Mac and Cheese, Whole Wheat Roll, fresh fruit, and veggies PM Snack: String Cheese, WG Muffin	24	Breakfast: String Cheese, WG Muffin, fresh fruit Lunch: (V, GF, DF) DF Mexican Bean & Rice Bowl, WG Chip Packs, fresh fruit, and veggies PM Snack: Cheddar Cheese Guppies, fresh fruit	25	Breakfast: Yoplait Raspberry Yogurt, Cinnamon Granola Pack, fresh fruit Lunch: Turkey and Cheddar Sandwich, fresh fruit, and veggies Alt. Lunch: (V) Sunflower Butter & Jelly Sandwich, String Cheese, fresh fruit, and veggies PM Snack: Yoplait Raspberry Yogurt, fresh fruit	26	Breakfast: Cream Cheese, Whole Wheat Bagel, fresh fruit Lunch: (V) Mozzarella Pasta Bake, WG Garlic Bread, fresh fruit, and veggies PM Snack: Pretzels, fresh fruit	27	Lunch: No School	28

DF - Dairy Free

GF - Gluten Free

V - Vegetarian

ALL MEALS ARE SERVED WITH FRESH FRUITS AND VEGETABLES
ALL MEALS ARE SERVED WITH A VARIETY OF MILK

The USDA and RVLA are equal opportunity providers.