



May

River Valley Charter School - Lunch Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1 <i>No Lunch</i>	2 Hot Dog w/Tator Tots <u>Veg Option:</u> Cheese Quesadilla Peaches / Orange Beans / Cucumber Slices w/Dip Juice / Milk	3 Chicken Famous Bowl <u>Veg Option:</u> Yogurt Parfait w/String Cheese Banana Celery Sticks w/Dip / Carroteenies Juice / Milk	4 Cali Burrito <u>Veg Option:</u> Egg Salad Sandwich Applesauce / Pears Broccoli w/Dip / Mixed Veggies Juice / Milk	5 Meatball Calzone <u>Veg Option:</u> Cheese Calzone Orange / Mixed Fruit Carroteenies Juice / Milk
8 <i>No Lunch</i>	9 Tamale (Chicken) w/Rice <u>Veg Option:</u> Tamale (Cheese) w/Rice Peaches / Orange Beans / Cucumber Slices w/Dip Juice / Milk	10 Spaghetti w/Meatsauce & Dinner Roll <u>Veg Option:</u> Cheese Quesadilla Apple / Banana Salad Cup w/Dressing / Carroteenies Juice / Milk	11 Pepperoni Pizza <u>Veg Option:</u> Cheese Pizza Banana / Pear Broccoli w/Dip / Carroteenies Juice / Milk	12 Nachos w/Cheese & Taco Meat <u>Veg Option:</u> Bean & Cheese Burrito Orange / Mixed Fruit Carroteenies / Peas Juice / Milk
15 <i>No Lunch</i>	16 Chicken Famous Bowl <u>Veg Option:</u> Cheese Quesadilla Peaches / Orange Beans / Cucumber Slices w/Dip Juice / Milk	17 Chicken Nuggets w/Waffle Fries <u>Veg Option:</u> Yogurt Parfait w/String Cheese Juice / Milk Peaches / Orange Beans / Cucumber Slices w/Dip	18 Teriyaki Chicken w/Rice Pilaf <u>Veg Option:</u> Veggie Wrap Applesauce / Pears Broccoli w/Dip / Mixed Veggies Juice / Milk	19 Pepperoni Pizza <u>Veg Option:</u> Cheese Pizza Orange / Mixed Fruit Carroteenies / Broccoli w/Dip Juice / Milk
22 <i>No Lunch</i>	23 Chicken Nuggets w/Waffle Fries <u>Veg Option:</u> Yogurt Parfait w/String Cheese Juice / Milk Peaches / Orange Beans / Cucumber Slices w/Dip	24 Tamale Chicken w/Rice <u>Veg Option:</u> Cheese Tamale w/Rice Orange / Banana Beans / Carroteenies Juice / Milk	25 Orange Chicken w/Rice <u>Veg Option:</u> Cheese Quesadilla Apple / Pears Broccoli w/Dip / Green Beans Juice / Milk	26 Chicken Sandwich (Reg or Spicy) <u>Veg Option:</u> Veggie Wrap Orange / Mixed Fruit Carroteenies / Corn Juice / Milk
29 <i>Holiday</i>	30 Chicken Sandwich <u>Veg Option:</u> Veggie Wrap Peaches / Orange Beans / Cucumber Slices w/Dip Juice / Milk	31 Hot Dog w/Tator Tots <u>Veg Option:</u> Egg Salad Sandwich Peaches / Orange Beans / Cucumber Slices w/Dip Juice / Milk	Menus are subject to change without notice. Offer VS Serve	

Warning: Our school food facilities offer products with peanuts, tree nuts, soy, milk, eggs and wheat. For students with food allergies, we offer a variety of foods which are intended to be free of these ingredients. While we take steps to minimize the risk of cross contamination, we can not guarantee that any of our products are safe to consumers with peanut, tree nut, soy, milk, egg or wheat allergies. Consumers with severe allergies should consume food items with caution.

To qualify as a reimbursable meal, students may select as many as 5 or as few as 3 of the food components offered and include 1/2 cup fruit and/or vegetable. Components include 1) fruit, 2) vegetable, 3) milk, 4) grains, and 5) meat/meat alternate. Condiments do not count as a component. The middle school lunch provides 600-700 calories based on a weekly average. The high school lunch provides 750-850 calories based on a weekly average. The breakfast provides 450-550 calories based on a weekly average.

"This institution is an equal opportunity provider."