

# Rock Valley Community School Menu - August 2017

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<i>Fruit &amp; Vegetable Bar Served Daily</i>	RVCSD is an Equal Opportunity Employer			
<i>All menus subject to change</i>				
7	8	9	10	11
14	15	<h1>Welcome</h1>		18
21	22	23	24	25
		Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Waffles/Sausage Fruit, Juice, Milk	Toast/Cereal Fruit, Juice, Milk
		Hot Dog on a Bun	Fish Sticks	Tavern on a Bun
		Cheetos	Winter Mix Vegetables/Cheese	Sweet Potato Fries
		Yellow Beans	Granola Bar	Corn
		Applesauce	Mandarin Oranges	Peaches
28	29	30	31	
Toast/Cereal Fruit, Juice, Milk	Breakfast Pizza Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Breakfast Wrap Fruit, Juice, Milk	
Popcorn Chicken	Texas Straw Hats	Chicken Quesadilla	Meatball Sub/Marinara Sauce	
Mashed Potatoes	Tri-Taters	Carrots	Potato Wedges	
Peas	Fritos/Refried Beans	Fruit Snack	Green Beans	
Pineapple	Pears	Applesauce	Mandarin Oranges	

# Rock Valley Community School Menu - September 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
				<b>1</b>	
<i>Fruit &amp; Vegetable Bar Served Daily</i>	<b>RVCS</b>			Toast/Cereal	
	<b>is an Equal Opportunity Employer</b>			Fruit, Juice, Milk	
<i>All menus subject to change</i>				Corn Dogs	
				Augratin Potatoes	
				Broccoli	
				Peaches	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	
	Pancakes, Sausage Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Muffins/Egg Omelet Fruit, Juice, Milk	Toast/Cereal Fruit, Juice, Milk	
<b>NO SCHOOL LABOR DAY</b>	BBQ Mr. Ribb on a Bun	Chicken Fajita	Tater Buck Deluxe	Beef Sticks	
	Tri-taters	Mexican Rice	Tater Rounds	Augratin Potatoes	
	Yellow Beans	Refried Beans	Winter Mix Vegetables	Green Beans	
	Pears	Applesauce	Mandarin Oranges	Peaches/Graham Snack	
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	
Toast/Cereal Fruit, Juice, Milk	Egg McMuffin Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	French Toast/Sausage Fruit, Juice, Milk	Toast/Cereal Fruit, Juice, Milk	
Chicken Nuggets	Sub Sandwich	Pork Chopette	Chicken Strips	Pizza	
Mashed Potatoes	Diced Potatoes	Augratin Potatoes	Tortillas/Salsa	Carrots	
Corn	Baked Beans	Winter Mix Vegetables	Mandarin Oranges	Fruit Snack	
Pineapple	Pears	Mixed Fruit		Peaches	
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	
	Br. Cookie/Egg Bake Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Breakfast Boat Fruit, Juice, Milk	Toast/Cereal Fruit, Juice, Milk	
<b>NO SCHOOL TEACHER INSERVICE</b>	Crispitoes/Cheese Sauce	Wiener Winks	Creamed Chicken Bun	Hamburger	
	Broccoli	Baked Beans	Potato Wedges	French Fries	
	Pears	Cheetos	Peas	Green Beans	
		Applesauce.Graham Snack	Mandarin Oranges	Peaches	
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	
Toast/Cereal Fruit, Juice, Milk	Waffles, Sausage Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Breakfast Pizza Fruit, Juice, Milk	Toast/Cereal Fruit, Juice, Milk	
Chicken Sandwich	Fish on a Bun	Taco in a Bag	Chili Dog	Beef and Gravy	
Mashed Potatoes	Graham Snack	Refried Beans	Tri-taters	Mashed Potatoes	
Peas	Pears	Diced Potatoes	Yellow Beans	Corn	
Pineapple		Mixed Fruit	Mandarin Oranges	Peaches	

# Rock Valley Community School Menu - October 2016

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	
Toast/Cereal Fruit, Juice, Milk	Breakfast Wrap Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Muffins/Egg Omelet Fruit, Juice, Milk	Toast/Cereal Fruit, Juice, Milk	
Chicken Quesadilla	Tavern on a bun		Popcorn Chicken	Fish Sandwich	
Carrots	Sweet Potato Fries	<b>NO LUNCH</b>	Mashed Potatoes	Winter Mix Vegetables	
Graham Snack	Corn	Teacher Inservice	Green Beans	Granola Bar	
Pears	Peaches	11:30 Dismissal	Applesauce	Mandarin Oranges	
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	
Toast/Cereal Fruit, Juice, Milk	French Toast/Sausage Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Pancakes/Sausage Fruit, Juice, Milk	Toast/Cereal Fruit, Juice, Milk	
Crispitos/Cheese	Meatball Sub/Marinara	Beef and Gravy	Texas Straw Hats	Pepperoni Pizza	
Broccoli	Potato Wedges	Mashed Potatoes	Fritos	Carrots	
Pears	Green Beans	Corn	Refried Beans	Graham Snack	
	Mandarin Oranges	Peaches	Pineapple	Mixed Fruit	
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	
Toast/Cereal Fruit, Juice, Milk	Waffles/Sausage Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Egg McMuffin Fruit, Juice, Milk	Toast/Cereal Fruit, Juice, Milk	
Chicken Strips	BBQ Mr. Ribb	Turkey Sandwich	Tater Buck Deluxe	Hamburger	
Mashed Potatoes	Sweet Potato Fries	Potato Wedges	Tater Rounds	French Fries	
Corn	Yellow Beans	Peas	Winter Mix Vegetables	Baked Beans	
Pears	Applesauce	Mixed Fruit	Pineapple	Peaches	
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	
Toast/Cereal Fruit, Juice, Milk	Breakfast Boat Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Breakfast Pizza Fruit, Juice, Milk	Toast/Cereal Fruit, Juice, Milk	
Cheese Quesadilla	Sub Sandwich	Chicken Soup	Taco in a Bag	Beef Fingers	
Carrots	Diced Potatoes	Toasted Cheese	Refried Beans	AuGratin Potatoes	
Graham Snack	Winter Mix Vegetables	Crackers	Tomatoes	Green Beans	
Peaches	Mixed Fruit	Applesauce	Mandarin Oranges	Pears	
<b>31</b>					
<b>NO SCHOOL TEACHER INSERVICE</b>	RVCSD is an Equal Opportunity Employer	<b>Fruit &amp; Vegetable Bar Served Daily</b>			
		<i>All menus subject to change</i>			

# Rock Valley Community School Menu - November 2016

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>
	Waffles/Sausage	Yogurt, Cereal Bar, Uncrustable	Breakfast Wrap	Toast/Cereal
	Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk
	Texas Straw Hats	<b>NO LUNCH</b>	Chili Soup	Corn Bread
	Fritos/Refried Beans	Teacher Inservice	Cheese	Sausage
	Graham Snack	11:30 Dismissal	Cinnamon Biscuits	Green Beans
	Peaches		Pears	Mandarin Oranges
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
Toast/Cereal	Breakfast Pizza	Yogurt, Cereal Bar, Uncrustable	Pancakes	
Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk	
Crispitoes	Popcorn Chicken	Corn Dogs	Tavern on a Bun	<b>NO</b>
Cheese Sauce	Mashed Potatoes	AuGratin Potatoes	Sweet Potato Fries	<b>SCHOOL</b>
Broccoli	Corn	Peas	Corn	
Pears	Pineapple	Mandarin Oranges	Peaches	
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>
Toast/Cereal	French Toast/Sausage	Yogurt, Cereal Bar, Uncrustable	Muffins/Egg Omelet	Toast/Cereal
Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk
Chili Dog/Bun	Pizza	Turkey/Dressing	Chicken Soup	Hamburger on a Bun
Tri-Tators	Carrots	Mashed Potatoes/Gravy	Cheese Stick	French Fries
Baked Beans	Graham Snack	Corn/Relishes	Granola Bars	Winter Mix Vegetables
Peaches	Applesauce	Jello	Mandarin Oranges	Pears
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
Toast/Cereal	Egg McMuffin	Yogurt, Cereal Bar, Uncrustable	<b>Happy</b>	
Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk	<b>Thanksgiving</b>	<b>NO</b>
Chicken Fajita	Meatball Sub/Marinara	Creamed Chicken Bun		<b>SCHOOL</b>
Refried Beans	Diced Potatoes	AuGratin Potatoes		
Graham Snack	Green Beans	Broccoli		
Peaches	Pears	Mandarin Oranges		
<b>28</b>	<b>29</b>	<b>30</b>		
Toast/Cereal	Br. Cookie/Egg Bake	Yogurt, Cereal Bar, Uncrustable	RVCSD	<b><i>Fruit &amp; Vegetable</i></b>
Fruit, Juice, Milk	Fruit, Juice, Milk	Fruit, Juice, Milk	is an	<b><i>Bar Served Daily</i></b>
Chicken Quesadilla	Mr. Ribb on a Bun	Vegetable Beef Soup	Equal Opportunity	<i>All menus subject</i>
Carrots	Sweet Potato Fries	Cheese Stick	Employer	<i>to change</i>
Graham Snack	Yellow Beans	Crackers		
Pears	Applesauce	Peaches		



# Rock Valley Community School Menu - January 2017

Monday	Tuesday	Wednesday	Thursday	Friday							
	<b>3</b> Toast/Cereal Chicken Nuggets Mashed Potatoes Corn Applesauce	<b>4</b> Yogurt, Cereal Bar, Uncrustable  <b>NO LUNCH</b> Teacher Inservice 11:30 Dismissal	<b>5</b> Egg McMuffin Mr. Rib on a Bun Tri Taters Carrots Pears	<b>6</b> Toast/Cereal Chicken Fajita Refried Beans Cheese/Tomatoes Peaches						<b>1</b>	
	<b>9</b> Toast/Cereal Pork Choppette AuGratin Potatoes Winter Mix Vegetables Mixed Fruit	<b>10</b> French Toast/Sausage Tavern on a Bun Sweet Potato Fries Corn Peaches	<b>11</b> Yogurt, Cereal Bar, Uncrustable Chili Soup Cinnamon Biscuits Cheese/Crackers Pears	<b>12</b> Breakfast Boat Creamed Chicken on a Bun Potato Wedges Green Beans Mandarin Oranges	<b>13</b> Toast/Cereal Crispitoes/Cheese Sauce Broccoli Pineapple						
	<b>16</b>  <b>NO SCHOOL</b>	<b>17</b> Waffles/Sausage Texas Straw Hats Fritos/Refried Beans Tri-Taters Pears	<b>18</b> Yogurt, Cereal Bar, Uncrustable Chicken Soup Cheese Stick Granola Bar Mandarin Oranges	<b>19</b> Breakfast Pizza Beef and Gravy Mashed Potatoes Corn Bread Slice Peaches	<b>20</b> Toast/Cereal Turkey/Cheese Sandwich Stuffing Diced Potatoes Pineapple						
	<b>23</b> Toast/Cereal Chicken Pattie on a Bun Mashed Potatoes Carrots Pears	<b>24</b> Breakfast Wrap Taco Potato Rounds Cheese/Salsa/Refried Beans Mandarin Oranges	<b>25</b> Yogurt, Cereal Bar, Uncrustable Vegetable Beef Soup Cheese Stick Granola Bar Peaches	<b>26</b> Pancakes/Sausage Pork Sandwich/Bun French Fries Broccoli Applesauce	<b>27</b> Toast/Cereal Beef Fingers Winter Mix Vegetables Bread Slice Pineapple						
	<b>30</b> Toast/Cereal Corn Dog Red Roasted Potatoes Yogurt Oatmeal Bar	<b>31</b> Muffins/Egg Omelet Orange Chicken Rice Broccoli Graham Snack	<b>Milk, Juice and a Fruit &amp; Vegetable Bar are served daily All menus subject to change</b>	<b>RVCS D is an Equal Opportunity Employer</b>							







# Rock Valley Community School Menu - April 2017

Monday	Tuesday	Wednesday	Thursday	Friday			
	RVCSD is an Equal Opportunity Employer	<b>Fruit &amp; Vegetable Bar Served Daily</b>					
		<i>All menus subject to change</i>					
	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>		
	Toast/Cereal Fruit, Juice, Milk	Breakfast Pizza Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Breakfast Wrap Fruit, Juice, Milk	Toast/Cereal Fruit, Juice, Milk		
Chili Soup	Orange Chicken/Rice	<b>NO LUNCH</b>	Chicken Pattie on a Bun	Cheese Pizza			
Bread Stick	Broccoli	Teacher Inservice	Mashed Potatoes	Carrots			
Applesauce	Graham Snack	11:30 Dismissal	Peas	Fruit Snack			
	Pears		Mandarin Oranges	Peaches			
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>			
Toast/Cereal Fruit, Juice, Milk	Pancakes/Sausage Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Egg Omelet/Muffin Fruit, Juice, Milk				
Taco in a Bag	Pork Chopette/Bun	Tavern on a Bun	Turkey/Stuffing	<b>NO SCHOOL</b>			
Potato Rounds	AuGratin Potatoes	Sweet Potato Fries	Mashed Potatoes/Gravy				
Refried Beans	Winter Mix Vegetables	Peas	Corn				
Applesauce	Mxed Fruit	Pears	Mandarin Oranges				
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>			
	French Toast/Sausage Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Egg McMuffin Fruit, Juice, Milk				
<b>NO SCHOOL</b>	Hot Dog on a Bun	Mr. Ribb on a Bun	Sub Sandwich	<b>NO SCHOOL</b>			
	French Fries	Tri-Taters	Diced Potatoes				
	Winter Mix Vegetables	Yellow Beans	Baked Beans				
	Mandarin Oranges	Applesauce	Peaches				
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>			
Toast/Cereal Fruit, Juice, Milk	Br. Cookie/Egg Bake Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Breakfast Boat Fruit, Juice, Milk	Toast/Cereal Fruit, Juice, Milk			
Pulled Pork Sandwich	Chicken Quesadilla	Italian Dunker	Crispitoes/Cheese Sauce	Popcorn Chicken			
French Fries	Carrots	Cheese Bread	Broccoli	Mashed Potatoes			
Yellow Beans	Fruit Snack	Green Beans	Pineapple	Corn			
Applesauce	Mandarin Oranges	Peaches		Pears			

# Rock Valley Community School Menu - May 2017

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	
Toast/Cereal Fruit, Juice, Milk	Waffles/Sausage Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Breakfast Pizza Fruit, Juice, Milk	Toast/Cereal Fruit, Juice, Milk	
Corn Dog	Meatball Sub	<b>NO LUNCH</b>	Chicken Nuggets	Hamburger on a Bun	
Augratin Potatoes	Diced Potatoes	Teacher Inservice	Mashed Potatoes	Potato Wedges	
Peas	Broccoli	11:30 Dismissal	Corn	Green Beans	
Pears	Mandarin Oranges		Peaches	Pineapple	
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	
Toast/Cereal Fruit, Juice, Milk	Breakfast Wrap Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Pancakes/Sausage Fruit, Juice, Milk	Toast/Cereal Fruit, Juice, Milk	
Chicken Patty on a bun	Tavern on a bun	Pork Chopette/Bun	Chicken Fajita	Pizza	
Mashed Potatoes	French Fries	Augratin Potatoes	Refried Beans	Yellow Beans	
Corn	Broccoli	Peas	Graham Snack	Fruit Snack	
Mandarin Oranges	Pears	Mixed Fruit	Peaches	Pineapple	
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	
Toast/Cereal Fruit, Juice, Milk	Muffins, Egg Omelet Fruit, Juice, Milk	Yogurt, Cereal Bar, Uncrustable Fruit, Juice, Milk	Fr. Toast/Sausage Fruit, Juice, Milk	Toast/Cereal Fruit, Juice, Milk	
Beef Fingers	Popcorn Chicken	Chicken Quesadilla	Mr. Ribb	Creamed Chicken on a Bun	
Augratin Potatoes	Mashed Potatoes	Carrots	Tri-Taters	Potato Wedges	
Green Beans	Corn	Fruit Snack	Yellow Beans	Broccoli	
Peaches	Pears	Mandarin Oranges	Applesauce	Pineapple	
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	
Toast/Cereal Fruit, Juice, Milk	<b>Cook's Choice</b>	<b>Cook's Choice</b>	<b>Cook's Choice</b>	Toast/Cereal Fruit, Juice, Milk	
				Hot Dogs	
				Cheetos	
<b>Cook's Choice</b>	<b>Cook's Choice</b>	<b>Cook's Choice</b>	<b>Cook's Choice</b>	Granola Bar	
				Fruit Cup	
<b>29</b>	<b>30</b>	<b>31</b>			
		<b>Fruit &amp; Vegetable Bar Served Daily</b>			
<b>MEMORIAL DAY</b>	<b>RVCS D is an Equal Opportunity Employer</b>	<i>All menus subject to change</i>	<b>HAVE A GREAT SUMMER!!</b>		
					