



RIVER ROCK ACADEMY - AUGUST & SEPTEMBER MENU









Monday	Tuesday	Wednesday	Thursday	Friday
<u>BREAKFAST - Daily Entrée</u> Choice of 1/2 cup Fruit Choice of 1/2 cup 100% Juice Pick Your Favorite Milk Your breakfast must have 3 food items, 1 must be a 1/2 cup of fruit or fruit juice.	 Start Your Day with a Healthy Breakfast	Call Food Service Office with questions and concerns: (610) 670-0180 x 1147 Choice of Milk 1% Chocolate 1% Strawberry 1% White Skim White 	<u>Breakfast Meal Prices</u> Student - \$2.05 Reduced - \$.30 Adult Meal \$3.25 <u>Lunch Meal Prices</u> Student - \$2.90 Reduced - \$.30	<u>LUNCH -Daily Entrée</u> Select 1 or 2 Vegetables Choose 1 or 2 Fruits Pick Your Favorite Milk Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.
August 20	August 21	August 22	August 23	August 24
				
August 27	August 28	August 29	August 30	August 31
<u>Breakfast</u> Iced Cinnamon Roll <u>Lunch</u> Tyson Chicken Nuggets w/ Dips & WG Dinner Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Fresh Cucumber & Celery Cup, Dip Steamy Carrots Fresh Fruit or Chilly Pineapple	<u>Breakfast</u> Assorted Cereal & Poptart <u>Lunch</u> Philly Cheese Steak Sandwich <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Super Power Broccoli, Dip Zesty Baked Beans Fresh Fruit or Chilly Peaches	<u>Breakfast</u> Large Nutrigrain Bar <u>Lunch</u> Chicken Tenders w/ Roll <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Fresh Trio Veggie Cup Golden Tater Tots (9) Fresh Fruit or Chilly Applesauce	<u>Breakfast</u> Mini Donuts (Powder or Chocolate) <u>Lunch</u> Macaroni & Cheese w/ Gold Fish <u>Select 1 or 2 Vegetables &/or 1 or 2 Fruit</u> Fresh Popeye Salad, Dressing Corn Cobette Chilly Pears or Frozen Juice Rush Cup	School Closed 
September 3	September 4	September 5	September 6	September 7
<u>Labor Day - School Closed</u> 	<u>Breakfast</u> Large Muffin <u>Lunch</u> Popcorn Chicken Bowl <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Mashed Potatoes & Gravy Steamy Corn Spinach Sald, Choice of Dressing	<u>Breakfast</u> Yogurt & Granola <u>Lunch</u> Walking Taco (Meat, Cheese Sauce) <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Lettuce & Tomato Steamy Mixed Veggies Fresh Fruit or Chilly Applesauce	<u>Breakfast</u> Assorted Cereal & Poptart <u>Lunch</u> Chicken & Pasta Alfredo w/ Garlic Knot <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Cucumber Dipper Steamy Broccoli Fresh Fruit or Chilly Pears	<u>Breakfast</u> Assorted Mini Donuts <u>Lunch</u> Berks All Beef Hot Dog on Roll <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Trio of Veggies Zesty Baked Beans Fresh Fruit or Chilly Mixed Fruit Cup & IC Sand.
September 10	September 11	September 12	September 13	September 14
<u>Breakfast</u> Iced Cinnamon Roll <u>Lunch</u> Baconburger w/wo Cheese <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Baby Carrots, Dip Roasted Hashbrowns Fresh Fruit or Chilly Mandarin Oranges	<u>Breakfast</u> Assorted Cereal & Poptart <u>Lunch</u> Chicken Fingers & Dips, WG Roll <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Romaine Salad, Choice of Dressing Steamy Peas & Carrots Chilly Peaches or Frozen Juice Rush	<u>Breakfast</u> Large Nutrigrain Bar <u>Lunch</u> American Hoagie w/ Lettuce & Tomato <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Red Pepper Strips, Dip Steamy Broccoli Fresh Fruit or Chilly Applesauce 	<u>Breakfast</u> Banana Bread <u>Lunch</u> Philly Cheesesteak Sandwich <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Celery & Cucumber, Dip Golden Onion Rings Fresh Fruit or Chilly Pears	<u>Breakfast</u> Pillsbury Filled Crescent <u>Lunch</u> Hot Ham & Cheese on Pretzel Roll <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Trio of Veggies Zesty Baked Beans Fresh Fruit or Chilly Mixed Fruit Cup



RIVER ROCK ACADEMY - AUGUST & SEPTEMBER MENU



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>BREAKFAST - Daily Entrée</u> Choice of 1/2 cup Fruit Choice of 1/2 cup 100% Juice Pick Your Favorite Milk Your breakfast must have 3 food items, 1 must be a 1/2 cup of fruit or fruit juice.</p>	<div style="display: flex; align-items: center;">  <div> <p>Start Your Day with a Healthy Breakfast</p> </div> </div>	<p>Call Food Service Office with questions and concerns: (610) 670-0180 x 1147</p> <p>Choice of Milk</p> <div style="display: flex; align-items: center;">  <div> <p>1% Chocolate 1% Strawberry 1% White Skim White</p> </div> </div>	<p><u>Breakfast Meal Prices</u> Student - \$2.05 Reduced - \$.30 Adult Meal \$3.25</p> <p><u>Lunch Meal Prices</u> Student - \$2.90 Reduced - \$.30</p>	<p><u>LUNCH -Daily Entrée</u> Select 1 or 2 Vegetables Choose 1 or 2 Fruits Pick Your Favorite Milk Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</p>
September 17	September 18	September 19	September 20	September 21
<p><u>Breakfast</u> Bagel w/ Cream Cheese</p> <p><u>Lunch Select 1 Entrée</u> Chicken Tender Wraps</p> <p><u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Spinach Salad, Choice of Dressing Steamy Peas Fresh Fruit or Chilly Pineapple</p>	<div style="display: flex; align-items: center;">  <div> <p><u>Breakfast</u> Large Muffin</p> <p><u>Lunch Select 1 Entrée</u> English Muffin Pizzas (3 pc)</p> <p><u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Cauliflower & Cucumber, Dip Zesty Baked Beans Fresh Fruit or Chilly Peaches</p> </div> </div>	<p><u>Breakfast</u> Yogurt & Granola</p> <p><u>Lunch Select 1 Entrée</u> Hot Turkey Sandwich, Gravy</p> <p><u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fluffy Mashed Potatoes Steamy Green Beans Fresh Fruit or Chilly Applesauce ; Cookie</p>	<div style="display: flex; align-items: center;">  <div> <p><u>Breakfast</u> Assorted Cereal & Poptart</p> <p><u>Lunch Select 1 Entrée</u> Regular or Spicy Chicken Patty on Roll</p> <p><u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Red Peppers, Dip Steamy Corn Fresh Fruit or Chilly Pears</p> </div> </div>	<p><u>Breakfast</u> Assorted Mini Donuts</p> <p><u>Lunch Select 1 Entrée</u> Bulldog Cheesy Burger</p> <p><u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Trio Veggie Cup, Dip Golden Potato Smiles Fresh Fruit or Chilly Mixed Fruit Cup</p>
September 24	September 25	September 26	September 27	September 28
<p><u>Breakfast</u> Iced Cinnamon Roll</p> <p><u>Lunch Select 1 Entrée</u> Tyson Chicken Nuggets, Dips w/ Roll</p> <p><u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Cucumber & Celery Cup, Dip Steamy Carrots Fresh Fruit or Chilly Pineapple</p>	<div style="display: flex; align-items: center;">  <div> <p><u>Breakfast</u> Assorted Cereal & Poptart</p> <p><u>Lunch Select 1 Entrée</u> Philly Style Cheesesteak</p> <p><u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Super Power Broccoli, Dip Zesty Baked Beans Fresh Fruit or Chilly Peaches</p> </div> </div>	<p><u>Breakfast</u> Large Nutrigrain Bar</p> <p><u>Lunch Select 1 Entrée</u> Max Cheese Sticks (3) w/ Marinara Dipper</p> <p><u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Salad, Choice of Dressing Corn Cobette Chilly Applesauce or Juice Rush</p>	<p><u>Breakfast</u> Banana Bread</p> <p><u>Early Dimissal - No Lunch</u></p> <div style="text-align: center;">  </div>	<p><u>Breakfast</u> Pillsbury Filled Crescent</p> <p><u>Lunch Select 1 Entrée</u> Stuffed Crust Pizza</p> <p><u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Trio Veggie Cup Golden Tater Tots (9) Fresh Fruit or Chilly Mixed Fruit Cup</p>
<p>Use e-Funds for Schools to put money into your child's account at www.wilsonsd.org Go to: e-Funds Online Payments.</p> <p>Menu subject to change without notice! We are an equal opportunity provider and employer. NOW HIRING!!! Work when your children are in school - be off when they're off!!</p>				