

RIVER ROCK ACADEMY - GRADES 6 - 12


October 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>BREAKFAST - Select an Entrée 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>	<p>Breakfast Meal Prices River Rock \$2.05 Reduced Price \$.30 Adult Meal \$3.25</p>	<p>Call Food Service Office with questions and concerns: (610) 670-0180 x 1147 Choice of Milk 1% Chocolate 1% Strawberry 1% White Skim White</p>	<p>Lunch Meal Prices River Rock \$2.90 Reduced Price \$.40 Adult Meal: \$5.10</p>	<p>LUNCH - Select an Entrée 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>
October 1	October 2	October 3	October 4	October 5- National Smile Day
<p>Breakfast Select 1 Entrée Bagel w/ Cream Cheese Lunch Select 1 Entrée Meatball Hoagie w/ Grated Cheese Select 1 or 2 Veggies &/or 1 or 2 Fruit Fresh Celery Sticks, Dip Zesty Baked Beans Fresh Fruit or Chilled Mixed Fruit</p>	<p>Breakfast Select 1 Entrée Benefit Bar Lunch Select 1 Entrée Popcorn Chicken Bowl- Mashed, Corn, Gravy, Roll Select 1 or 2 Veggies &/or 1 or 2 Fruit Crunchy Baby Carrots, Dip Steamy Green Beans Fresh Fruit or Chilly Peaches</p>	<p>Breakfast Select 1 Entrée Assorted Cereal & Poptart Lunch Select 1 Entrée Walking Taco (Meat, Cheese Sauce) Select 1 or 2 Veggies &/or 1 or 2 Fruit Lettuce & Tomato Steamy Mixed Veggies Fresh Fruit or Chilly Applesauce</p>	<p>Breakfast Select 1 Entrée Cinnamon Bun Lunch Select 1 Entrée Chicken & Pasta Alfredo w/ Garlic Bread Stick Select 1 or 2 Veggies &/or 1 or 2 Fruit Cucumber Dipper Steamy Broccoli Fresh Fruit or Chilly Pears</p>	<p>Breakfast Select 1 Entrée Assorted Mini Donuts Lunch Select 1 Entrée Max Cheese Sticks w/Marinara Dipper Select 1 or 2 Veggies &/or 1 or 2 Fruit Fresh Trio Veggies, Dip & SMILE Potatoes Fresh Fruit or Mixed Fruit Cup Mighty Mini Ice Cream Sandwich</p>
October 8	October 9	October 10	October 11	October 12
<p>SCHOOL CLOSED - Columbus Day</p> 	<p>Breakfast Select 1 Entrée Assorted Cereal & Muffin Lunch Select 1 Entrée Chicken Fingers & Dips, WG Roll Select 1 or 2 Veggies &/or 1 or 2 Fruit Romaine Salad, Dressing Steamy Peas & Carrots Chilly Peaches or Frozen Juice Rush</p>	<p>Breakfast Select 1 Entrée Banana Bread Lunch Select 1 Entrée Chef Boyardee Ravioli & Dinner Roll Select 1 or 2 Veggies &/or 1 or 2 Fruit Fresh Red Pepper Strips, Dip Steamy Broccoli Fresh Fruit or Chilly Applesauce</p>	<p>Breakfast Select 1 Entrée Yogurt & Granola Lunch Select 1 Entrée Philly Cheesesteak Sandwich Select 1 or 2 Veggies &/or 1 or 2 Fruit Fresh Celery & Cucumber, Dip Golden Onion Rings Fresh Fruit or Chilly Pears</p>	<p>Breakfast Select 1 Entrée Pillsbury Filled Crescent Lunch Select 1 Entrée Tater Tot Casserole & Dinner Rolls Select 1 or 2 Veggies &/or 1 or 2 Fruit Zesty Baked Beans Fresh Fruit & Chilly Mixed Fruit Cup</p>
October 15	October 16	October 17	October 18	October 19
<p>Breakfast Select 1 Entrée Bagel w/ Cream Cheese Lunch Select 1 Entrée Chicken Tender Wraps (2) Select 1 or 2 Veggies &/or 1 or 2 Fruit Popeye Salad, Choice of Dressing Steamy Peas Fresh Fruit or Chilly Pineapple</p>	<p>Breakfast Select 1 Entrée Benefit Bar Lunch Select 1 Entrée Berks All Beef Hot Dog on Roll Select 1 or 2 Veggies &/or 1 or 2 Fruit Fresh Cauliflower & Cucumber, Dip Zesty Baked Beans Fresh Fruit or Chilly Peaches</p>	<p>Breakfast Select 1 Entrée Assorted Cereal & Poptart Lunch Select 1 Entrée Hot Turkey Sandwich, Gravy Select 1 or 2 Veggies &/or 1 or 2 Fruit Steamy Green Beans & Fluffy Potatoes Fresh Fruit & Chilly Applesauce Sugar Cookie</p>	<p>Breakfast Select 1 Entrée Cinnamon Bun Lunch Select 1 Entrée Stromboli w/ Marinara Sauce Select 1 or 2 Veggies &/or 1 or 2 Fruit Crunchy Red Pepper Strips, Dip Steamy Corn Fresh Fruit or Chilly Pears</p>	<p>Breakfast Select 1 Entrée Assorted Mini Donuts Lunch Select 1 Entrée Chili over Steamy Rice Select 1 or 2 Veggies &/or 1 or 2 Fruit Fresh Trio Veggie Cup, Dip Potato Smiles Fresh Fruit or Chilly Mixed Fruit Cup</p>



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October 22 Breakfast Select 1 Entrée Cinnamon Roll Lunch Select 1 Entrée Tyson Chicken Nuggets, Dips w/ Roll Select 1 or 2 Veggies &/or 1 or 2 Fruit Fresh Cucumber & Celery Cup, Dip Steamy Carrots Fresh Fruit or Chilly Pineapple	October 23 Breakfast Select 1 Entrée Assorted Cereal & Muffin Lunch Select 1 Entrée Philly Style Cheesesteak Select 1 or 2 Veggies &/or 1 or 2 Fruit Super Power Broccoli, Dip Zesty Baked Beans Fresh Fruit or Chilly Peaches	October 24 Breakfast Select 1 Entrée Banana Bread Lunch Select 1 Entrée Max Cheese Sticks (3) w/ Marinara Dipper Select 1 or 2 Veggies &/or 1 or 2 Fruit Max Cheese Sticks (3) w/ Marinara Dipper Steamy Corn Cobette Chilly Applesauce or Juice Rush	October 25 Breakfast Select 1 Entrée Yogurt & Granola Lunch Select 1 Entrée Land 'O Lake Macaroni & Cheese w/ Pepperidge Farm Gold fish Select 1 or 2 Veggies &/or 1 or 2 Fruit Crunchy Baby Carrots & Dip Steamy Broccoli Fresh Fruit or Chilly Pears	October 26 Breakfast Select 1 Entrée Pillsbury Filled Crescent Lunch Select 1 Entrée Baconburger w/Cheese on Roll Select 1 or 2 Veggies &/or 1 or 2 Fruit Fresh Trio Veggie Cup & Dip Golden Tater Tots (McCain) (9) Fresh Fruit or Chilly Mixed Fruit Cup
October 29 Breakfast Select 1 Entrée Bagel w/ Cream Cheese Lunch Select 1 Entrée Meatball Hoagie w/ Grated Cheese Select 1 or 2 Veggies &/or 1 or 2 Fruit Fresh Celery Sticks, Dip Golden Curly Fries Fresh Fruit or Chilly Mandarin Oranges	October 30 Breakfast Select 1 Entrée Benefit Bar Lunch Select 1 Entrée Popcorn Chicken Bowl- Mashed Potatoes, Corn, Gravy, Roll Select 1 or 2 Veggies &/or 1 or 2 Fruit Crunchy Baby Carrots, Dip Fresh Fruit & Chilly Peaches	October 31 Breakfast Select 1 Entrée Assorted Cereal & Poptart Lunch Select 1 Entrée Tater Tot Casserole w/ Rolls Select 1 or 2 Veggies &/or 1 or 2 Fruit Tossed Salad Fresh Fruit & Chilly Applesauce	