









RIVER ROCK ACADEMY - GRADES 6 - 12			November 2018	
Monday	Tuesday	Wednesday	Thursday	Friday
<u>BREAKFAST - Select an Entrée</u> 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.	 <u>Breakfast Meal Prices</u> River Rock \$2.05 Reduced Price \$.30 Adult Meal \$3.25	Call Food Service Office with questions and concerns: (610) 670-0180 x 1147  <u>Choice of Milk</u> 1% Chocolate 1% Strawberry 1% White Skim White	 <u>Lunch Meal Prices</u> River Rock \$2.90 Reduced Price \$.40 Adult Meal: \$5.10	<u>LUNCH - Select an 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.
  			November 1 <u>Breakfast Select 1 Entrée</u> Cinnamon Bun <u>Lunch Select 1 Entrée</u> Chicken & Pasta Alfredo w/ Garlic Bread Stick <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Cucumber Dipper Steamy Broccoli Fresh Fruit or Chilly Pears	November 2 <u>Breakfast Select 1 Entrée</u> Assorted Mini Donuts <u>Lunch Select 1 Entrée</u> Max Cheese Sticks w/ Marinara Dipper <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Trio Veggies, Dip Golden Potatoes Fresh Fruit or Chilly Mixed Fruit Cup
November 5 <u>Breakfast Select 1 Entrée</u> Cinnamon Roll <u>Lunch Select 1 Entrée</u> Baconburger w/wo Cheese <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Baby Carrots, Dip Baked Hashbrown Potatoes Fresh Fruit or Chilly Mandarin Oranges	November 6 <u>Breakfast Select 1 Entrée</u> Assorted Cereal & Muffin <u>Lunch Select 1 Entrée</u> Chicken Fingers & Dips, WG Roll <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Romaine Salad, Dressing Steamy Peas & Carrots Chilly Peaches or Frozen Juice Rush	November 7 <u>Breakfast Select 1 Entrée</u> Banana Bread <u>Lunch Select 1 Entrée</u> Chef Boyardee Ravioli & Dinner Roll <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Red Pepper Strips, Dip Steamy Broccoli Fresh Fruit or Chilly Applesauce	November 8 <u>Breakfast Select 1 Entrée</u> Yogurt & Granola <u>Lunch Select 1 Entrée</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	November 9 <u>Breakfast Select 1 Entrée</u> Pillsbury Filled Crescent <u>Lunch Select 1 Entrée</u> Tater Tot Casserole & Dinner Rolls <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Zesty Baked Beans Fresh Fruit & Chilly Mixed Fruit Cup
November 12 <u>School Closed - Veteran's Day</u> 	November 13 <u>Breakfast Select 1 Entrée</u> Benefit Bar <u>Lunch Select 1 Entrée</u> Berks All Beef Hot Dog on Roll <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Cauliflower & Cucumber, Dip Zesty Baked Beans Fresh Fruit or Chilly Peaches	November 14 <u>Breakfast Select 1 Entrée</u> Assorted Cereal & Poptart <u>Thanksgiving Feast</u> Turkey & Gravy w/ Bread Stuffing Steamy Green Beans Fluffy Potatoes Chilly Applesauce Pumpkin Ice Cream Cup	November 15 <u>Breakfast Select 1 Entrée</u> Cinnamon Bun <u>Lunch Select 1 Entrée</u> Stromboli w/ Marinara Sauce <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Crunchy Red Pepper Strips, Dip Steamy Corn Fresh Fruit or Chilly Pears	November 16 <u>Breakfast Select 1 Entrée</u> Assorted Mini Donuts <u>Lunch Select 1 Entrée</u> Chili over Steamy Rice <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Trio Veggie Cup, Dip Potato Smiles Fresh Fruit or Chilly Mixed Fruit Cup



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November 19	November 20	November 21	November 22	November 23
<u>Breakfast Select 1 Entrée</u> Cinnamon Roll <u>Lunch Select 1 Entrée</u> Tyson Chicken Nuggets, Dips w/ Roll <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Cucumber & Celery Cup, Dip Steamy Carrots Fresh Fruit or Chilly Pineapple	<u>Breakfast Select 1 Entrée</u> Assorted Cereal & Muffin <u>Early Dismissal - No Lunch</u> 	<u>School Closed</u> Fall Break 	<u>Happy Thanksgiving</u> Fall Break 	<u>School Closed</u> Fall Break 
November 26	November 27	November 28	November 29	November 30
<u>School Closed</u> Fall Break 	<u>Breakfast Select 1 Entrée</u> Benefit Bar <u>Lunch Select 1 Entrée</u> Popcorn Chicken Bowl- Mashed Potatoes, Corn, Gravy, Roll <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Crunchy Baby Carrots, Dip Fresh Fruit & Chilly Peaches	<u>Breakfast Select 1 Entrée</u> Assorted Cereal & Poptart <u>Lunch Select 1 Entrée</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 Select 1 Entrée</u> Cinnamon Bun <u>Lunch Select 1 Entrée</u> Chicken & Pasta Alfredo w/ Garlic Bread Stick <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Cucumber Dipper Steamy Broccoli Fresh Fruit or Chilly Pears	<u>Breakfast Select 1 Entrée</u> Assorted Mini Donuts <u>Lunch Select 1 Entrée</u> Max Cheese Sticks w/Marinara Dipper <u>Select 1 or 2 Veggies &/or 1 or 2 Fruit</u> Fresh Trio Veggies, Dip Golden Potatoes Fresh Fruit or Chilly Mixed Fruit Cup
Menu subject to change without notice! We are an equal opportunity provider.				
WE NEED YOU! NOW HIRING - Permanent & Substitute Positions! Work when your child(ren) are in school! Have off when they're off!! 