

River Rock Academy - Grades 7 - 12

January 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>BREAKFAST - Select an Entrée</u></b>                      Choose Fruit and/or                      Choice of 1/2 cup 100% Juice                      Pick Your Favorite Milk</p> <p>Your breakfast must have 3 food items, 1 must be a 1/2 cup of fruit or fruit juice.</p>	<p><b><u>Breakfast Meal Prices</u></b>                      Breakfast - \$2.05                      Reduced - \$.30                      Adult Breakfast - \$3.25</p> 	<p>Call Food Service Office with questions and concerns: (610) 670-0180 x 1147</p>  <p>Choice of Milk                      1% Chocolate                      1% Strawberry                      1% White                      Skim White                      Lactose Free Milk</p>	<p><b><u>Lunch Meal Prices</u></b>                      Lunch - \$2.90                      Reduced - \$.40                      Adult Lunch \$5.10</p> 	<p><b><u>LUNCH - Select 1 Entrée</u></b>                      Select 1 or 2 Vegetables                      Choose 1 or 2 Fruits                      Pick Your Favorite Milk</p> <p>Your lunch must have 3 food components, 1 must be a 1/2 cup of vegetable or fruit.</p>
	<p>January 1</p> 	<p>January 2</p> <p><b><u>Breakfast Select 1 Entrée</u></b>                      Banana Bread</p> <p><b><u>Lunch Select 1 Entrée</u></b>                      Beefy Hard Shell Taco w/ Cheese                      PB &amp; Jelly Sandwich  <u>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</u>                      Steamy Broccoli                      Cucumber Slices w/ Dip                      Fresh Fruit &amp; Chilly Applesauce</p>	<p>January 3</p> <p><b><u>Breakfast Select 1 Entrée</u></b>                      Yogurt &amp; Fruit Parfait w/ Granola</p> <p><b><u>Lunch Select 1 Entrée</u></b>                      Regular or Spicy Chicken Patty on Roll                      PB &amp; Jelly Sandwich  <u>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</u>                      Curly Fries                      Celery Dippers                      Fresh Fruit &amp; Chilly Pears &amp; IC Treat</p>	<p>January 4</p> <p><b><u>Breakfast Select 1 Entrée</u></b>                      Pillsbury Filled Crescent</p> <p><b><u>Lunch Select 1 Entrée</u></b>                      Double Slice Meatloaf Sandwich/Gravy                      PB &amp; Jelly Sandwich  <u>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</u>                      Steamy Mixed Vegetables                      Zesty Baked Beans                      Fresh Fruit &amp; Chilly Mixed Fruit</p>
<p>January 7</p> <p><b><u>Breakfast Select 1 Entrée</u></b>                      Bagel w/ Cream Cheese</p> <p><b><u>Lunch Select 1 Entrée</u></b>                      Bacon Cheeseburger                      PB&amp; Jelly Sandwich  <u>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</u>                      Zesty Baked Beans                      Baked Hashbrown Potatoes                      Fresh Fruit &amp; Chilly Pineapples</p>	<p>January 8</p> <p><b><u>Breakfast Select 1 Entrée</u></b>                      Benefit Bar</p> <p><b><u>Lunch Select 1 Entrée</u></b>                      Chicken Fingers &amp; Dips, WG Roll                      PB &amp; Jelly Sandwich  <u>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</u>                      Romaine Salad w/ Dressing                      Steamy Peas &amp; Carrots                      Chilly Peaches or Frozen Juice</p>	<p>January 9</p> <p><b><u>Breakfast Select 1 Entrée</u></b>                      Cereal &amp; Poptart</p> <p><b><u>Lunch Select 1 Entrée</u></b>                      Cheesy Baked Pasta w/ Sauce                      PB &amp; Jelly Sandwich  <u>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</u>                      Steamy Broccoli                      Pepper Strips w/ Dip                      Fresh Fruit &amp; Chilly Applesauce</p> 	<p>January 10</p> <p><b><u>Breakfast Select 1 Entrée</u></b>                      Iced Cinnamon Roll</p> <p><b><u>Lunch Select 1 Entrée</u></b>                      Big Daddy Four Meat Pizza                      PB &amp; Jelly Sandwich  <u>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</u>                      Fresh Celery &amp; Cucumber, Dip                      Golden Onion Rings                      Fresh Fruit or Chilly Pears</p>	<p>January 11</p> <p><b><u>Breakfast Select 1 Entrée</u></b>                      Assorted Mini Donuts</p> <p><b><u>Lunch Select 1 Entrée</u></b>                      Chicken Vegetable Soup w/ Biscuit                      PB &amp; Jelly Sandwich  <u>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</u>                      Steamy Green Beans                      Baby Carrots w/ Dip                      Fresh Fruit or Chilly Mixed Fruit</p>
<p>January 14</p> <p><b><u>Breakfast Select 1 Entrée</u></b>                      Iced Cinnamon Roll</p> <p><b><u>Lunch Select 1 Entrée</u></b>                      Philly Cheese Steak Sandwich                      PB &amp; Jelly Sandwich  <u>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</u>                      Oven Baked French Fries                      Steamy Peas                      Fresh Fruit &amp; Chilly Pineapples</p>	<p>January 15</p> <p><b><u>Breakfast Select 1 Entrée</u></b>                      Cereal w/ Muffin</p> <p><b><u>Lunch Select 1 Entrée</u></b>                      Nacho Salad /Taco Meat/Cheese                      PB &amp; Jelly Sandwich  <u>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</u>                      Black Bean Salsa                      Steamy Corn                      Fresh Fruit or Chilly Peaches</p>	<p>January 16</p> <p><b><u>Breakfast Select 1 Entrée</u></b>                      Banana Bread</p> <p><b><u>Lunch Select 1 Entrée</u></b>                      Chicken Nuggets w/ Soft Pretzel                      PB &amp; Jelly Sandwich  <u>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</u>                      Baby Carrots w/ Dip                      Steamy Broccoli                      Fresh Fruit or Chilly Applesauce</p>	<p>January 17</p> <p><b><u>Breakfast Select 1 Entrée</u></b>                      Yogurt &amp; Fruit Parfait w/ Granola</p> <p><b><u>Lunch Select 1 Entrée</u></b>                      Beefy Chili w/ Cornbread                      PB &amp; Jelly Sandwich  <u>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</u>                      Oven Baked Fries                      Steamy Mixed Vegetables                      Fresh Fruit or Chilly Pears</p>	<p>January 18</p> <p><b><u>Breakfast Select 1 Entrée</u></b>                      Pillsbury Filled Crescent</p> <p><b><u>Lunch Select 1 Entrée</u></b>                      Chicken Salad Sandwich                      PB &amp; Jelly Sandwich  <u>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</u>                      Baby Carrots w/ Dip                      Celery Sticks w/ Peanut Butter                      Fresh Fruit or Chilly Mixed Fruit</p>

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<p>January 21                      Martin Luther King Holiday</p> 	<p>January 22</p> <p><b>Breakfast Select 1 Entrée</b>                      Benefit Bar</p> <p><b>Lunch Select 1 Entrée</b>                      Cheeseburger on Roll                      PB &amp; Jelly Sandwich</p> <p>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</p> <p>Oven Baked Fries                      Zesty Baked Beans                      Chilly Peaches or Juice Rush</p>	<p>January 23</p> <p><b>Breakfast Select 1 Entrée</b>                      Cereal &amp; Poptart</p> <p><b>Lunch Select 1 Entrée</b>                      Ham, Potatoes &amp; Green Beans w/Biscuit                      PB &amp; Jelly Sandwich</p> <p>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</p> <p>Steamy Green Beans                      Baby Carrots w/ Dip                      Fresh Fruit &amp; Chilly Applesauce</p>	<p>January 24</p> <p><b>Breakfast Select 1 Entrée</b>                      Iced Cinnamon Roll</p> <p><b>Lunch Select 1 Entrée</b>                      French Bread Pizza                      PB &amp; Jelly Sandwich</p> <p>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</p> <p>Cucumber Slices w/ Dip                      Steamy Mixed Vegetables                      Fresh Fruit or Chilly Pears</p>	<p>January 25</p> <p><b>Breakfast Select 1 Entrée</b>                      Assorted Mini Donuts</p> <p><b>Lunch Select 1 Entrée</b>                      Hearty Chicken Corn Soup w/ Pretzel                      PB &amp; Jelly Sandwich</p> <p>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</p> <p>Steamy Broccoli                      Celery Sticks w/ Dip                      Fresh Fruit or Chilly Mixed Fruit</p>
<p>January 28</p> <p><b>Breakfast Select 1 Entrée</b>                      Iced Cinnamon Roll</p> <p><b>Lunch Select 1 Entrée</b>                      Beefy Tater Tot Casserole                      PB &amp; Jelly Sandwich</p> <p>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</p> <p>Tater Tots                      Steamy Broccoli                      Fresh Fruit &amp; Chilly Pineapples</p>	<p>January 29</p> <p><b>Breakfast Select 1 Entrée</b>                      Cereal w/ Muffin</p> <p><b>Lunch Select 1 Entrée</b>                      Grilled Cheese Sandwich                      PB &amp; Jelly Sandwich</p> <p>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</p> <p>Creamy Tomato Soup                      Baby Carrots w/ Dip                      Fresh Fruit or Chilly Peaches</p>	<p>January 30</p> <p><b>Breakfast Select 1 Entrée</b>                      Banana Bread</p> <p><b>Lunch Select 1 Entrée</b>                      Beefy Hard Shell Taco w/ Cheese                      PB &amp; Jelly Sandwich</p> <p>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</p> <p>Steamy Broccoli                      Black Bean Salsa                      Fresh Fruit or Chilly Applesauce</p>	<p>January 31</p> <p><b>Breakfast Select 1 Entrée</b>                      Yogurt &amp; Fruit Parfait w/ Granola</p> <p><b>Lunch Select 1 Entrée</b>                      Mickey's Cheese Pizza                      PB &amp; Jelly Sandwich</p> <p>Select 1 or 2 Veggies &amp;/or 1 or 2 Fruit</p> <p>Curly Fries                      Celery Dippers                      Fresh Fruit or Chilly Pears</p> 	

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