



ADULT MEAL: \$5/Lunch

# SEPTEMBER 2022

## BENNETT VALLEY SCHOOL DISTRICT

ALL STUDENTS MEALS  
ARE FREE FOR THE  
'22-'23 SCHOOL YEAR

Monday

Tuesday

Wednesday

Thursday

Friday



LABOR DAY

5

NO SCHOOL

Pasta Teriyaki  
w/ Meatballs

6

Grilled Cheese (V)

Galaxy Pizza

7

Protein Pack (V)

Chicken Burger  
w/ Tater Tots

8

Cheesy Garlic  
Pull Apart (V)

Pepperoni Pizza

9

Cheese Pizza (V)

Chicken Burger

12

Sunbutter & Jelly  
Sandwich (V)

Cold Deli  
Sandwich

13

Mac & Cheese  
w/ Roll (V)

Chicken Teriyaki  
Rice Bowl

14

Bean & Cheese  
Burrito (V)

Hot Dog  
w/ Tater Tots

15

Quesadilla (V)

Breakfast 4 Lunch  
Mini Pancakes  
Tukey Sausage Link  
Or Yogurt (V)

16

Corn Dog

19

Cheesy Garlic Pull  
Apart

Spaghetti  
w/ Meatballs & Roll

20

Bagel & Yogurt (V)

Orange Chicken  
Rice Bowl

21

Protein Pack (V)

Ham/Cheeseburger  
w/ Tater Tots

22

Yogurt Parfait (V)

Pepperoni Pizza

23

Cheese Pizza (V)

Chicken Burger

26

Sunbutter & Jelly  
Sandwich (V)

Beef Soft Taco

27

Cheesy Garlic Pull  
Apart (V)

Chicken Teriyaki  
Rice Bowl

28

Bean & Cheese  
Burrito (V)

Hot Dog  
w/ Tater Tots

29

Quesadilla (V)

Pepperoni Pizza

30

Cheese Pizza (V)

WE OFFER FAT FREE CHOC.MILK & 1% MILK WITH EACH MEAL. SELECT HALF CUP OF FRUIT, VEGGIE OR MORE.

EACH STUDENT IS ENTITLED TO ONE LUNCH EACH DAY. MENU IS SUBJECT TO CHANGE.

ANY QUESTIONS? CALL RVUSD FOOD SERVICE DEPARTMENT AT (707)308-3643

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