



ADULT MEALS: \$5/Lunch

OCTOBER 2022

BENNETT VALLEY UNION SCHOOL DISTRICT

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

Monday	Tuesday	Wednesday	Thursday	Friday
Hispanic Heritage Celebration Assorted Tamales Bean & Cheese Burrito 3	Galaxy Pizza 4 *Garlic Butter Pasta w/ Breadstick (V)	Cold Deli Sandwich 5 *Cheesy Pull Apart (V)	Chicken Tender w/ Rice 6 *Grilled Cheese (V)	Pepperoni Pizza 7 Cheese Pizza (V)
Hot Dog w/ Tater Tots 10 *Bean & Cheese Burrito (V)	Rib-BQ Sandwich 11 *Pasta Primavera (V)	Chicken Burger 12 *Bean & Cheese Burrito (V)	Breakfast 4 Lunch 13 *Quesadilla (V)	Pepperoni Pizza 14 Cheese Pizza (V)
Corn Dog 17 *Protein Pack (V)	*Galaxy Pizza 18 Garlic Butter Pasta w/ Breadstick (V)	*Cold Deli Sandwich 19 Cheesy Pull Apart (V)	*Chicken Tender w/ Rice 20 Grilled Cheese (V)	Pepperoni Pizza 21 Cheese Pizza (V)
Hot Dog w/ Potato Wedges 24 *Bean & Cheese Burrito (V)	*Rib-BQ Sandwich 25 Pasta Primavera (V)	Chicken Burger 26 *Fresh Salad Bowl (V)	*Breakfast 4 Lunch 27 Quesadilla (V)	Pepperoni Pizza 28 Cheese Pizza (V)
Corn Dog 31 *Protein Pack (V) *Holiday Cookie*	*Hispanic Heritage Month is celebrated from September 15 th to October 15 th *Students who receive school lunch will receive a whole grain pumpkin cookie on Halloween.*			

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
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Limited Quantity of
Items with asterisks