



LUNCH

ADULT MEALS: \$5/ Lunch

# AUGUST 2022

Rincon Valley Union School District

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

Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

8

9

10

11

12

Corn Dog  
or  
Grilled Cheese (V)

Pepperoni  
or  
Cheese (V)  
Pizza

15

16

17

18

19

Chicken Tender  
or  
Quesadilla w/  
Spanish rice (V)

Spaghetti w/ Meatballs  
or  
Marinara Sauce (V)  
w/ Dinner Roll

Crispy Chicken  
Sandwich  
or  
Sun butter & Jelly Sandwich  
String Cheese

Turkey & Cheese  
Sandwich w/ Tater Tots  
or  
Yogurt Parfait (V)

Pepperoni  
or  
Cheese (V)  
Pizza

22

23

24

25

26

Bagel w/ Cream  
Cheese & Yogurt  
or  
Hot Dog w/ Tater Tots

Hot Ham & Cheese  
Sandwich  
or  
Pasta Primerara (V)

Chicken Taquitos w/  
Spanish rice  
or  
Bean & Cheese Burritos

Corn Dog  
or  
Grilled Cheese (V)

Pepperoni  
or  
Cheese (V)  
Pizza

29

30

31

Chicken Tender  
or  
Quesadilla w/  
Spanish rice (V)

Mac & Cheese w/  
Dinner Roll  
or  
BBQ Rib Sandwich

Crispy Chicken  
Sandwich  
or  
Sun butter & Jelly  
Sandwich

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 RUVSD FOOD SERVICES AT (707)542-7375 EX 4137 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

\*\* MORE FRUIT AND VEGGIE OPTIONS AVAILABLE DAILY FOR STUDENTS TO CHOOSE FROM DAILY\*\*

