



ADULT MEALS: \$5/Lunch



SEPTEMBER 2021

Rincon Valley Union School District

ALL STUDENT MEALS
ARE FREE FOR THE
'21-'22 SCHOOL YEAR

Monday

Tuesday

Wednesday

Thursday

Friday



**LABOR DAY
NO SCHOOL**

6

Chicken Taquitos

7

Bean & Cheese Burritos (V)
w/ Side of Salsa

Chicken Burger

8

Spaghetti with Marinara Sauce (V)

Taco Nada

2

Quesadilla (V)
w/ Black Bean Corn Salsa

Pepperoni Pizza
Cheese Pizza (V)

3

Cold Turkey & Cheese Sandwich

9

Yogurt Parfait

B4L
Mini Cinni Waffles
w/ Sausage or Egg(V)

10

Taco Nada

13

Quesadilla (V)

Hot Dog

14

Bagel & Yogurt (V)

Rib-B-Que Sandwich

15

Macaroni & Cheese (V)
Watermelon

Sweet Hot Ham & Cheese Sandwich

16

Egg Roll w/ Healthy Fried Rice

Pepperoni Pizza

17

Cheese Pizza (V)

Corn Dog

20

Penne Pasta w/ Veggies & Marinara

Cold Turkey & Cheese Roll Up

21

Veggie Spring Roll (V) w/ Brown Rice

Sweet Hot Ham & Cheese Sandwich

22

Homemade Chili (V) w/ Chips

Salisbury Steak w/ Mashed Potatoes & Gravy

23

Yogurt Parfait (V)

B4L
Mini Cinni Waffles
w/ Sausage or Egg(V)

24

Grilled Cheese (V)

27

Egg Roll w/ Healthy Fried Rice (V)

Hot Dog

28

Bagel & Yogurt (V)

Empanada

29

Garlic Butter Pasta (V)
w/ Bread

Soft Beef Taco

30

Quesadilla (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? CONTACT ALI SMITH AT (707)542-7375 EX 4137 or asmith@rvusd.org

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

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