



# Redbank Valley Intermediate School

# January 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>31</b> <b>No School!</b> <b>Winter Break</b>	<b>1</b> <b>No School!</b> <b>Winter Break</b>	<b>2</b> <b>No School!</b> <b>Winter Break</b>	<b>3</b> Corndog on Stick w/ Cheez IT Crackers  Green Beans California Veggies Peaches	<b>4</b> Cheese Pizza  Baked Beans Corn Strawberries	Welcome back!!! Hope everyone enjoyed their break and that you are looking forward to a great 2019!!!
<b>7</b> Browned Beef & Gravy over Mashed Potatoes & bread slice w/ butter Garden Salad Corn Pineapple	<b>8</b> Ham & Turkey Sub  Garden Salad Baked Beans Fresh Carrots Pears	<b>9</b> Chicken Fingers w/ multigrain Roll  Garden Salad Broccoli w/ Cheese sauce Peaches	<b>10</b> Pulled Pork Sandwich  Garden Salad Green Beans French Fries Applesauce	<b>11</b> Popcorn Shrimp w/ 1/2 Toasted Cheese Sandwich Sweet Potatoes Fresh Orange Slice	Anyone who would like to apply for FREE/REDUCED meals please Please visit <a href="http://www.schoolcafe.com">www.schoolcafe.com</a> to apply or call the cafeteria for a paper application
<b>14</b> Chicken Patty (Plain or Hot and Spicy) Garden Salad Baked Beans Peas Pineapple	<b>15</b> Spaghetti w/ Meat sauce <b>OR</b> Fettucine and chicken w/ alfredo souce & Garlic Breadstick Garden Salad Green Beans Pears	<b>16</b> Mandarin orange Chicken, Fried Rice & Egg Roll Broccoli w/ Cheese Cucumber slices Applesauce	<b>17</b> Bacon Turkey wrap <b>OR</b> Meatball Sandwich Garden Salad Cherry Tomatoes Peaches	<b>18</b> Fish Sticks w/ goldfish crackers <b>OR</b> Cheese Pizza Celery Sticks Sweet Potatoes Fruit Cocktail	Looking for cafeteria substitute workers. If interested pick up an application at district office.
<b>21</b> <b>No School</b> <b>Act 80 Day</b>	<b>22</b> Chicken Nuggets w/ side of Mac n Cheese Garden Salad Baked Beans Fresh Orange slice	<b>23</b> Bosco Breadstick w/ dipping sauce <b>OR</b> Sloppy Joe/bun Garden Salad Fresh Carrots Pears	<b>24</b> Pepperoni Pizza Garden Salad Broccoli w/ cheese Sweet Potatoes Fruit Cocktail	<b>25</b> Mini Raviolis w/ Garlic Breadstick Green Beans Celery Sticks Applesauce	Follow us on Twitter @rbvalleycafe  **Menu subject to change without notice
<b>28</b> Hot Ham & Cheese Bagel Garden Salad Tater Tots Peaches	<b>29</b> Cheese & Potato Pierogis w/ Roll <b>OR</b> Bacon Turkey Wrap Broccoli w/ Cheese Sauce, Sweet Potato Pears	<b>30</b> Taco Salad <b>OR</b> Hot Dog on Bun Garden Salad Corn Pineapple	<b>31</b> Tomato or Chicken Noodle Soup w/ Toasted Cheese or Ham/Chs Sandwich Garden Salad, Baked Beans, Fresh Carrots Peaches	<b>1</b> Chicken Tenders w/ WG bread stick Garden Salad Green Beans French Fries Applesauce	All Lunches Served with choice of milk.  Online payment options at <a href="http://www.myschoolbucks.com">www.myschoolbucks.com</a>

Yogurt, String Cheese, Brown Rice, daily fruit/veggie	Hamburger no bun, Brown Rice, daily fruit/veggie	Yogurt, String Cheese & Brown Rice, daily fruit/veggie and milk	Hotdog (no bun) and Brown Rice, daily fruit/veggie	Yogurt, String Cheese & Brown Rice, daily fruit/veggie	Daily Alternative option. *Just so happens this option is Gluten Free*
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