

OCTOBER | 2023

Rapid River School Lunch



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Bosco Sticks Marinara Sauce Lettuce Salad/Ranch Fresh Fruit Choice of Milk	3 Nacho Supreme Lettuce/Tomato Cheese/Chips Sour Cream/Salsa Fresh Fruit Choice of Milk	4 Spaghetti /Meatballs Garlic Bread Vegetable Fresh Fruit Choice of Milk	5 Chicken Patty/Bun Baked French Fries Lettuce Salad/Ranch Fresh Fruit Choice of Milk	6 Pizza Caesar Salad Fresh Fruit Choice of Milk
9 Pretzels & Cheese PB & Apples Lettuce/Ranch Choice of Milk	10 Pancakes Sausage Links Potato Triangles Baby Carrots/Ranch Fresh fruit Choice of Milk	11 Rocket Bowl Mashed Potatoes Corn/Gravy Dinner Roll/Butter Fresh Fruit Choice of Milk	12 Corn Dogs Smiley Fries Baked Beans Fresh Fruit Choice of Milk	13 No School
16 Chicken Nuggets Buttered Noodles Steamed Green Beans Fresh Fruit Choice of Milk	17 Trio Subs Baked Potato Chips Baked Beans Fresh Fruit Choice of Milk	18 Chili Hot Cinnamon Roll Crackers Fresh Fruit Choice of Milk	19 Hot Dog/Bun Mac & Cheese Steamed Veggie Fresh Fruit Choice of Milk	20 Pizza Caesar Salad Fresh Fruit Choice of Milk
23 Bosco Sticks Marinara Sauce Lettuce Salad/Ranch Fresh Fruit Choice of Milk	24 Pancakes Sausage Links Potato Triangles Baby Carrots/Ranch Fresh fruit Choice of Milk	25 Asian Chicken Steamed Rice Steamed Broccoli Fresh Fruit Choice of Milk	26 Cheeseburger/Bun Baked Potato Wedges Fresh Fruit Choice of Milk	27 Pizza Caesar Salad Fresh Fruit Choice of Milk
30 Chicken Strips Baked French Fries Steamed Corn Fresh Fruit Choice Of Milk	31 Hot Turkey Sandwich Gravy Steamed Corn Fresh Fruit Choice of Milk	1	2	3

News

No School
Oct. 13th

Alternative Lunch
Options~ Pizza
Bosco Sticks

Milk Choices~
1% White
1% Chocolate

Fresh Fruit~
Apples
Oranges
Strawberries
Pears