

October-17

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Pizza Pulled BBQ Sandwich Egg & Cheese Burrito Korean Beef Bowl Tikka Masala Maccaroni & Cheese COLD - 2 - 6 - 7-9-11-12-16- 20	3	Chicken Tenders Vegetarian Potstickers Five Cheese Ravioli Potato Skins Hot Dog Maccaroni & Cheese COLD - 1 - 2 - 4-6-7-8-13-15-20	4	Pan-Seared PotStickers All-American Cheeseburger Sukhi's Tandoori Chicken Three Cheese Pizza Pocket Teriyaki Chicken Rice Bowl Maccaroni & Cheese COLD - 2 - 4 - 6 - 7 -10-12-20	5	Chicken Tenders Carnitas Burrito Spaghetti with Meat Sauce Dynamite Bagel Dog Maccaroni & Cheese COLD - 2 - 4 - 5 - 6 7 - 8 - 17 - 19 - 20	6	Pizza Oven-Roasted Herb Chicken All-American Hamburger Shredded Chicken Flautas Smokehouse BBQ Chicken Maccaroni & Cheese COLD - 2 - 3 - 6 -7-9-14-20-22
9	TEACHER WORK DAY NO SCHOOL	10	Chicken Tenders Vegetarian Potstickers Five Cheese Ravioli Potato Skins Hot Dog Maccaroni & Cheese COLD - 1 - 2 - 4-6-7-8-13-15-20	11	Pan-Seared PotStickers All-American Cheeseburger Sukhi's Tandoori Chicken Three Cheese Pizza Pocket Teriyaki Chicken Rice Bowl Maccaroni & Cheese COLD - 2 - 4 - 6 - 7 -10-12-20	12	Chicken Tenders Carnitas Burrito Spaghetti & Meatballs Spicy Enchiladas Verdes Dynamite Bagel Dog Maccaroni & Cheese COLD - 2 - 4 - 5-6-7-8-17-19-20	13	Pizza Oven-Roasted Herb Chicken All-American Hamburger Shredded Chicken Flautas Smokehouse BBQ Chicken Maccaroni & Cheese COLD - 2 - 3 - 6 -7-9-14-20-22
16	Pizza Pulled BBQ Sandwich Egg & Cheese Burrito Korean Beef Bowl Tikka Masala Maccaroni & Cheese COLD - 2 - 6 - 7-9-11-12-16- 20	17	Chicken Tenders Vegetarian Potstickers Five Cheese Ravioli Potato Skins Hot Dog Maccaroni & Cheese COLD - 1 - 2 - 4-6-7-8-13-15-20	18	Pan-Seared PotStickers All-American Cheeseburger Sukhi's Tandoori Chicken Three Cheese Pizza Pocket Teriyaki Chicken Rice Bowl Maccaroni & Cheese COLD - 2 - 4 - 6 - 7 -10-12-20	19	Chicken Tenders Carnitas Burrito Spaghetti with Meat Sauce Dynamite Bagel Dog Maccaroni & Cheese COLD - 2 - 4 - 5 - 6 7 - 8 - 17 - 19 - 20	20	Pizza Oven-Roasted Herb Chicken All-American Hamburger Shredded Chicken Flautas Smokehouse BBQ Chicken Maccaroni & Cheese COLD - 2 - 3 - 6 -7-9-14-20-22
23	Pizza Pulled BBQ Sandwich Bean & Cheese Burrito Beef & Broccoli Bowl Tikka Masala Maccaroni & Cheese COLD - 2 - 6 - 7-9-11-12-16- 20	24	Chicken Tenders Vegetarian Potstickers Five Cheese Ravioli Potato Skins Hot Dog Maccaroni & Cheese COLD - 1 - 2 - 4-6-7-8-13-15-20	25	Pan-Seared PotStickers All-American Cheeseburger Sukhi's Tandoori Chicken Three Cheese Pizza Pocket Teriyaki Chicken Rice Bowl Maccaroni & Cheese COLD - 2 - 4 - 6 - 7 -10-12-20	26	Chicken Tenders Carnitas Burrito Spaghetti & Meatballs Spicy Enchiladas Verdes Dynamite Bagel Dog Maccaroni & Cheese COLD - 2 - 4 - 5-6-7-8-17-19-20	27	Pizza Oven-Roasted Herb Chicken All-American Hamburger Shredded Chicken Flautas Smokehouse BBQ Chicken Maccaroni & Cheese COLD - 2 - 3 - 6 -7-9-14-20-22
30	Pizza Pulled BBQ Sandwich Egg & Cheese Burrito Korean Beef Bowl Tikka Masala Maccaroni & Cheese COLD - 2 - 6 - 7-9-11-12-16- 20	10	Chicken Tenders Vegetarian Potstickers Five Cheese Ravioli Potato Skins Hot Dog Maccaroni & Cheese COLD - 1 - 2 - 4-6-7-8-13-15-20						

Please circle one preferred meal for each day and use legend on back for Cold meal codes. Cross out days when meals are not needed.

COLD OPTIONS				
1 Vegetarian Cobb Salad	6 Classic Turkey Sandwich	11 Cucumber Sushi Roll	16 BBQ Chicken Wrap	21 Caprese Sandwich
2 Chicken Caesar Salad	7 Sunbutter & Jelly Sammie	12 Yogurt Parfait	17 BBQ Chicken Salad	22 Tuna Salad Sammie
3 Chicken Caesar Wrap	8 Bagel & Cream Cheese	13 Ham and Cheese Hoagie	18 Kale and Apple Salad	23 Asian Chicken Salad
4 Brown Rice California Roll	9 Taco Salad	14 Avocado Sushi Roll	19 Yogurt & Muffin	24 Baby Spinach & Chicken Salad
5 Cheese & Cracker Plate	10 Italian Sub Sandwich	15 Hummus and Pita	20 Deli Turkey Sandwich	

October

For families not on the Free and Reduced lunch program, please order online at <http://www.choicelunch.com>.

Menu changes will take effect in most cases two school days after receipt of this paperwork.

Student Name: _____

Phone: _____

School: _____

Grade: _____

Total Enclosed: _____

Check Number: _____

Make check payable to Ross Valley School District.

Reduced lunches are 40¢ each and must have an application on file.

Send completed form to your school office or:

*** Please turn in by the last week of each month

Ross Valley School District
110 Shaw Drive
San Anselmo, CA 94960

Questions? Contact Jennifer Wright at 415-451-4074, food@rossvalleyschools.org, or fax 415-454-6840. This institution is an equal opportunity provider.