

September 2017

HIGH SCHOOL LUNCH MENU



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

				1 Fajita Pita Fiesta Cilantro- Lime Rice Fruit, Diced Peaches Baby Carrots& Ranch Milk, 1% White Milk, FF Chocolate Milk, Strawberry
4 * HOLIDAY-LABOR DAY	5 Salad, Mac & Cheese Baby Carrots& Ranch Fruit, Diced Peaches Garden Salad Milk, 1% White Milk, FF Chocolate Milk, Strawberry	6 Deli Sandwich& Chips Fresh Veggies Fruit, Apple Milk, 1% White Milk, FF Chocolate Milk, Strawberry	7 Italian Meatball Sub Baby Carrots& Ranch Garden Salad Fruit, Blueberries Milk, 1% White Milk, FF Chocolate Milk, Strawberry	8 Kung Pao Chicken & Fresh Veggies Fruit, Fresh Milk, 1% White Milk, FF Chocolate Milk, Strawberry
11 Spaghetti w/Salad Fruit, Diced Peaches Milk, 1% White Milk, FF Chocolate Milk, Strawberry	12 Build your Burger Lettuce,Tomato,Pickl Fruit, Apple Milk, 1% White Milk, FF Chocolate Milk, Strawberry	13 Fajita Pita Fiesta Cilantro- Lime Rice Fruit, Diced Peaches Garden Salad Milk, 1% White Milk, FF Chocolate Milk, Strawberry	14 Nacho Supreme Black Bean & Corn Fruit, Blueberries Milk, 1% White Milk, FF Chocolate Milk, Strawberry	15 BBQ Rib Sandwich w/S Potato Wedges Garden Salad Fruit, Fresh Milk, 1% White Milk, FF Chocolate Milk, Strawberry
18 Kung Pao Chicken & Fresh Veggies Fruit Cup Milk, 1% White Milk, FF Chocolate Milk, Strawberry	19 Tacos & Salad Bar Rice, Spanish Style Fresh Veggies Fruit, Fresh Milk, 1% White Milk, FF Chocolate Milk, Strawberry	20 Enchrito & Salad Bar Fruit Cup Garden Salad Milk, 1% White Milk, FF Chocolate Milk, Strawberry	21 Macaroni & Cheese, Fresh Veggies Fruit, Fresh Fruit Cup Milk, 1% White Milk, FF Chocolate Milk, Strawberry	22 Deli Sandwich& Chips Lettuce,Tomato,Pickl Fruit, Blueberries Baby Carrots& Ranch Milk, 1% White Milk, FF Chocolate Milk, Strawberry
25 Teriyaki Chicken & Baby Carrots& Ranch Fruit, Apple Milk, 1% White Milk, FF Chocolate Milk, Strawberry	26 Nacho Supreme Fresh Veggies Fruit, Fresh Milk, 1% White Milk, FF Chocolate Milk, Strawberry	27 Build your Burger Lettuce,Tomato,Pickl Fruit, Blueberries Milk, 1% White Milk, FF Chocolate Milk, Strawberry	28 BBQ Rib Sandwich w/S Potato Wedges Fruit Cup Garden Salad Milk, 1% White Milk, FF Chocolate Milk, Strawberry	29 Fajita Pita Fiesta Cilantro- Lime Rice Fruit, Diced Peaches Baby Carrots& Ranch Milk, 1% White Milk, FF Chocolate Milk, Strawberry

School News

Welcome Back
Students and
Families!!

Lunch Prices:
Reduced NO COST
Full pay \$3.00
Adults: \$4.00

Payments can be made
at: bearvalleyfs.com or
send a check payable
to Child Nutrition to
your child's school
cafeteria. Contact us
at 909.866.4406 for
assistance

Please complete a new
meal application for
the 2017-18 school
year. Applications are
available at your
child's school office or
you may apply on line-
please visit
www.lunchapplication.com.



Serving Date	Recipe	Allergens
09/01/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
	R-2160 - Turkey & Cheese Sub HS	Eggs
09/05/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
	R-2160 - Turkey & Cheese Sub HS	Eggs
09/06/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
	R-2160 - Turkey & Cheese Sub HS	Eggs
09/07/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans

09/07/2017	R-2160 - Turkey & Cheese Sub HS	Eggs
	R-2231 - Italian Meatball Sub	Wheat, Soybeans
09/08/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
09/11/2017	R-2160 - Turkey & Cheese Sub HS	Eggs
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-1967 - Spaghetti w/Salad Bar	Eggs, Wheat
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
09/12/2017	R-2160 - Turkey & Cheese Sub HS	Eggs
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
09/13/2017	R-2160 - Turkey & Cheese Sub HS	Eggs
	R-2241 - Build your Burger- HS	Eggs, Wheat, Soybeans
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
09/14/2017	R-2160 - Turkey & Cheese Sub HS	Eggs
	R-0205 - Milk, 1% White	Milk

09/14/2017	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
	R-2160 - Turkey & Cheese Sub HS	Eggs
	09/15/2017	R-0205 - Milk, 1% White
R-0206 - Milk, FF Chocolate		Milk
R-0281 - Cheeseburger		Eggs, Wheat, Soybeans
R-1249 - Spicy Chicken Patty		Wheat, Soybeans
R-1535 - Orange Chicken		Eggs, Wheat, Soybeans
R-1748 - Garden Salad		Milk, Eggs
R-1752 - Baby Carrots-		Milk, Eggs
R-1787 - Hamburger, HS		Wheat, Soybeans
R-1968 - BBQ Rib Sandwich/w Salad Bar		Wheat
R-2082 - PBJ Combo		Peanuts, Wheat, Soybeans
09/18/2017	R-2160 - Turkey & Cheese Sub HS	Eggs
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
09/19/2017	R-2160 - Turkey & Cheese Sub HS	Eggs
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
09/20/2017	R-2160 - Turkey & Cheese Sub HS	Eggs
	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans

09/20/2017	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
	R-2160 - Turkey & Cheese Sub HS	Eggs
09/21/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
	R-2160 - Turkey & Cheese Sub HS	Eggs
09/22/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
	R-2160 - Turkey & Cheese Sub HS	Eggs
09/25/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
	R-2160 - Turkey & Cheese Sub HS	Eggs
09/26/2017	R-0205 - Milk, 1% White	Milk
	R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans
	R-1748 - Garden Salad	Milk, Eggs
	R-1752 - Baby Carrots-	Milk, Eggs
	R-1787 - Hamburger, HS	Wheat, Soybeans
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
	R-2160 - Turkey & Cheese Sub HS	Eggs

09/27/2017	R-0205 - Milk, 1% White	Milk	
	R-0206 - Milk, FF Chocolate	Milk	
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans	
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans	
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans	
	R-1748 - Garden Salad	Milk, Eggs	
	R-1752 - Baby Carrots-	Milk, Eggs	
	R-1787 - Hamburger, HS	Wheat, Soybeans	
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans	
	R-2160 - Turkey & Cheese Sub HS	Eggs	
	R-2241 - Build your Burger- HS	Eggs, Wheat, Soybeans	
	09/28/2017	R-0205 - Milk, 1% White	Milk
		R-0206 - Milk, FF Chocolate	Milk
R-0281 - Cheeseburger		Eggs, Wheat, Soybeans	
R-1249 - Spicy Chicken Patty		Wheat, Soybeans	
R-1535 - Orange Chicken		Eggs, Wheat, Soybeans	
R-1748 - Garden Salad		Milk, Eggs	
R-1752 - Baby Carrots-		Milk, Eggs	
R-1787 - Hamburger, HS		Wheat, Soybeans	
R-1968 - BBQ Rib Sandwich/w Salad Bar		Wheat	
R-2082 - PBJ Combo		Peanuts, Wheat, Soybeans	
R-2160 - Turkey & Cheese Sub HS		Eggs	
09/29/2017		R-0205 - Milk, 1% White	Milk
		R-0206 - Milk, FF Chocolate	Milk
	R-0281 - Cheeseburger	Eggs, Wheat, Soybeans	
	R-1249 - Spicy Chicken Patty	Wheat, Soybeans	
	R-1535 - Orange Chicken	Eggs, Wheat, Soybeans	
	R-1748 - Garden Salad	Milk, Eggs	
	R-1752 - Baby Carrots-	Milk, Eggs	
	R-1787 - Hamburger, HS	Wheat, Soybeans	
	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans	
	R-2160 - Turkey & Cheese Sub HS	Eggs	