



October 2017

HIGH SCHOOL LUNCH MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Taco Bar Rice, Spanish Style Garden Salad Fruit, Apple Milk, 1% White Milk, FF Chocolate Milk, Strawberry	3 Salad, Mac & Cheese Baby Carrots& Ranch Fruit, Diced Peaches Garden Salad Milk, 1% White Milk, FF Chocolate Milk, Strawberry	4 Deli Sandwich& Chips Fresh Veggies Fruit, Apple Milk, 1% White Milk, FF Chocolate Milk, Strawberry	5 Italian Meatball Sub Baby Carrots& Ranch Garden Salad Fruit, Blueberries Milk, 1% White Milk, FF Chocolate Milk, Strawberry	6 Kung Pao Chicken & Fresh Veggies Fruit, Fresh Milk, 1% White Milk, FF Chocolate Milk, Strawberry
9 * FALL BREAK	10 * FALL BREAK	11 * FALL BREAK	12 * FALL BREAK	13 * FALL BREAK
16 * FALL BREAK	17 * FALL BREAK	18 * FALL BREAK	19 * FALL BREAK	20 * FALL BREAK
23 Teriyaki Chicken & Baby Carrots& Ranch Fruit, Apple Milk, 1% White Milk, FF Chocolate Milk, Strawberry	24 Nacho Supreme Fresh Veggies Fruit, Fresh Milk, 1% White Milk, FF Chocolate Milk, Strawberry	25 Build your Burger Lettuce, Tomato, Pickl Fruit, Blueberries Milk, 1% White Milk, FF Chocolate Milk, Strawberry	26 BBQ Rib Sandwich w/S Potato Wedges Fruit Cup Garden Salad Milk, 1% White Milk, FF Chocolate Milk, Strawberry	27 Fajita Pita Fiesta Cilantro- Lime Rice Fruit, Diced Peaches Baby Carrots& Ranch Milk, 1% White Milk, FF Chocolate Milk, Strawberry
30 Taco Bar Rice, Spanish Style Garden Salad Fruit, Apple Milk, 1% White Milk, FF Chocolate Milk, Strawberry	31 Salad, Mac & Cheese Baby Carrots& Ranch Fruit, Diced Peaches Garden Salad 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
10/02/2017	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
10/03/2017	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
10/04/2017	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
10/05/2017	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

10/05/2017	R-2160 - Turkey & Cheese Sub HS	Eggs
	R-2231 - Italian Meatball Sub	Wheat, Soybeans
10/06/2017	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
10/23/2017	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
10/24/2017	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
10/25/2017	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
10/26/2017	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

10/26/2017	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
10/27/2017	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
10/30/2017	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
10/31/2017	R-2082 - PBJ Combo	Peanuts, Wheat, Soybeans
	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	
R-2160 - Turkey & Cheese Sub HS	Eggs	