

# Falcon Nest

River Valley  
High School  
2022/2023



## Served Daily For Lunch

### Available Daily Breakfast

Fresh Baked Pizza Puffs, Calzone, Buttermilk Bars, PB&J Uncrustable, Assorted Breakfast Pastries, Assorted Pop Tarts, Cereal Bowl, Assorted Breakfast Sandwiches, Breakfast Burritos

### Offered Daily with each choice:

Fresh Fruit, Juice, 1% white or Nonfat Chocolate Milk

### Fresh Mex:

Burrito or Rice Bowl  
With Carnitas, Ground Beef or  
Chicken Fajitas  
\*Vegetarian Options Available

### Service Hours:

8:00am -8:30am  
Breakfast  
  
10:03am - 10:16am  
Nutrition Break  
  
11:46am-12:23pm  
Lunch

### Pizza Station:

Fresh Baked Pepperoni Pizza  
Fresh Baked Cheese Pizza

### Deli

Assorted Salads & Sandwiches  
Build your own Sandwich Bar

### Throw Back Daily Specials:

A variety of your favorites from  
Elementary School

### Chinese Food:

Rice or Noodle Bowl with Mixed Veggies  
\*Vegetarian Options Available

### Offered Daily with Each Meal

Fresh Fruit, Veggie Salad or French Fries  
1%White or Nonfat Chocolate Milk

### Falcon Shack Lunch:

#### Monday:

Falcon's Favorites

#### Tuesday:

Fiesta Tuesday

#### Wednesday:

Pizza Wednesday

#### Thursday:

BBQ Thursday

#### Friday:

Stir Fry Friday



BBQ Cheeseburgers  
BBQ Hamburgers  
Bean & Cheese Burritos  
Breaded Chicken Burgers  
Chicken Nuggets or Popcorn Chicken  
Mini Corndogs  
Hot Dogs  
Bean & Cheese Burritos