

2022-2023
RADNOR TOWNSHIP SCHOOL DISTRICT
HIGH SCHOOL MENU

MEAL PRICING

BREAKFAST 2.00
REDUCED BREAKFAST 0.30
LUNCH 3.00
REDUCED LUNCH 0.40
ADULT BREAKFAST 2.50
ADULT LUNCH 4.00 AND UP



A LA CARTE ITEMS

BAGGED APPLES 0.75
FRESH FRUIT PICK UP 0.75
FRESH SOFT PRETZEL 1.00
ASSORTED COLD CEREAL 1.00
ASSORTED BAGELS 1.50
BAGEL W/ CREAM CHS 2.25
EXTRA CREAM CHS 0.75
OATMEAL 2.00
YOGURT 2.00
BREAKFAST MEAL 2.00
*PREM. BREAKFAST SAND 2.50
MILK 0.75
ORANGE JUICE 0.75
BOTTLED WATER 1.00

* PREMIUM BREAKFAST SANDWICH CONTAINS ONE EGG, 0.5 OZ. OF LF CHEESE, 1 OZ. LF SAUSAGE ON WHOLE GRAIN ENGLISH MUFFIN OR BAGEL

BREAKFAST MENU

LF= LOW FAT, WG= WHOLE GRAIN, WW= WHOLE WHEAT
LF/FF MILK OFFERED DAILY!

WEEKLY

MONDAY

- WG French Toast
- LF Sausage
- Fresh Fruit

TUESDAY

- Sausage, Egg, Cheese on a Croissant
- 100% Fruit Juice

WEDNESDAY

- Egg Casserole with Cheese and Potatoes
- Chilled Fruit

THURSDAY

- Egg & Cheese Breakfast Sandwich
- Assorted Fruit

FRIDAY

- WG Pancakes
- LF Sausage
- 100% Fruit Juice

LUNCH MENU

Vegetarian Options Daily – Crudit  Platter: \$3.50, Hummus Meal: \$3.50, Veggie Burger Meal: \$3.50
Pre-Made Salads – Daily: \$4.00, Grab & Go Sandwiches – Daily: \$3.75, Pasta Bar – Daily: \$3.75
Pizza – Daily: \$3.00, Chick-fil-A – TBD: \$5.50
8 oz Milk served with all meals.

SCHOOL MEAL CALENDAR

Week One Meal Plan
Week Two Meal Plan
Week Three Meal Plan
Week Four Meal Plan

WEEK 1

MONDAY

- BBQ Pulled Chicken & Onions on Steak Roll
- Sweet Potato Fries
- Chick Pea & Tomato Basil Salad
- Chilled Fruit
- Cheez-Its

TUESDAY

- Grilled Steak Fajita with Onions, Peppers & Cheese
- Red Beans & Rice with Cilantro
- Seedless Grapes
- Pretzel Rod

WEDNESDAY

- Chicken & Waffles
- Seasoned Green Beans
- Tossed Salad with LF Dressing
- Goldfish

THURSDAY

- WW Grilled Cheese Sandwich
- Tomato Soup
- Veggie Apple Slaw
- Fresh Fruit
- Goldfish

FRIDAY

- Chicken Lo-Mein
- Raw Veggie Tray with LF Dip
- Steamed Broccoli
- Assorted 100% Fruit Juice
- Vegetable Egg Roll
- Fortune Cookie

WEEK 2

MONDAY

- MEATLESS MONDAY
- Soft Fish Tacos with Shredded Cabbage Slaw with Spicy Yogurt Sauce
- Vegetable Rice
- Dark Greens Salad with LF Dressing
- Seasonal Fresh Fruit

TUESDAY

- Spicy Chicken and Broccoli
- Brown Rice
- Saut ed Vegetables
- Pineapple
- Fortune Cookie

WEDNESDAY

- Chicken Patty with WW Bun
- Shredded Lettuce, Tomato & Pickle
- Tomato Basil Salad
- Potato Wedges
- 100% Juice
- Applesauce

THURSDAY

- Stuffed Breadsticks with Marinara Sauce
- Raw Veggie Tray with FF Dip
- Fresh Fruit Cup
- Assorted 100% Juice
- Fruit Crisp
- Goldfish

FRIDAY

- Beef Nachos with Chips, Cheese, Salsa & LF Sour Cream, Shredded Lettuce & Tomato
- Refried Beans
- 100% Assorted Fruit Juice
- Sliced Apples

WEEK 3

MONDAY

- Beef Cheese Steak Sandwich
- Saut ed Onions
- Ranch Potato Wedges
- Caesar Salad with LF Dressing

TUESDAY

- BBQ Rib Sandwich on WW Bun
- Potato Rounds
- Dark Greens Salad with LF Dressing
- Hickory Baked Beans
- Applesauce

WEDNESDAY

- Chicken Fillet with Bacon and Pepper Jack Cheese on Kaiser Roll
- Raw Veggie Tray with FF Dip
- Sweet Potato Fries
- Chilled Fruit
- Pudding

THURSDAY

- Savory Chicken Nuggets with Dip
- Seasoned Potato Wedges
- WW Roll
- Cucumber Salad
- Sliced Apples

FRIDAY

- Meatball Sandwich w/wo Provolone Cheese
- Raw Veggie Tray with LF Dip
- Fresh Whole Fruit Basket
- Assorted 100% Juice

WEEK 4

MONDAY

- Tangerine Glazed Chicken with Steamed Rice
- Mini Egg Roll
- Saut ed Vegetables with Broccoli
- WW Roll
- Mandarin Oranges
- Fortune Cookie

TUESDAY

- Buffalo Chicken Wings
- Potato Rounds
- Celery Sticks with Blue Cheese Dressing
- Chilled Fruit
- Pretzel Rod

WEDNESDAY

- BBQ Pulled Pork Sandwich on a Kaiser Roll
- Mashed Potatoes
- Crispy Coleslaw
- Seasoned White Beans
- Assorted 100% Fruit Juice
- Mini WG Soft Pretzel

THURSDAY

- Taco Bar – Ground Beef, Cheese, Shredded Lettuce, Tomato & LF Cheese
- Corn Muffin
- Black Bean Salad with Roasted Corn
- Orange Slices

FRIDAY

- Chicken Parm with Pasta
- Seasoned Green Beans
- Whole Grain Breadstick
- Mixed Green Salad with LF Dressing
- Apple Slices

SEPTEMBER '22	OCTOBER '22
S M T W T F S	S M T W T F S
4 5 6 7 8 9 10	2 3 4 5 6 7 8
11 12 13 14 15 16 17	9 10 11 12 13 14 15
18 19 20 21 22 23 24	16 17 18 19 20 21 22
25 26 27 28 29 30	23 24 25 26 27 28 29
	30 31
NOVEMBER '22	DECEMBER '22
S M T W T F S	S M T W T F S
6 7 8 9 10 11 12	4 5 6 7 8 9 10
13 14 15 16 17 18 19	11 12 13 14 15 16 17
20 21 22 23 24 25 26	18 19 20 21 22 23 24
27 28 29 30	25 26 27 28 29 30 31
JANUARY '23	FEBRUARY '23
S M T W T F S	S M T W T F S
1 2 3 4 5 6 7	5 6 7 8 9 10 11
8 9 10 11 12 13 14	12 13 14 15 16 17
15 16 17 18 19 20 21	19 20 21 22 23 24 25
22 23 24 25 26 27 28	26 27 28
29 30 31	
MARCH '23	APRIL '23
S M T W T F S	S M T W T F S
5 6 7 8 9 10 11	2 3 4 5 6 7 8
12 13 14 15 16 17 18	9 10 11 12 13 14 15
19 20 21 22 23 24 25	16 17 18 19 20 21 22
26 27 28 29 30 31	23 24 25 26 27 28 29
	30
MAY '23	JUNE '23
S M T W T F S	S M T W T F S
7 8 9 10 11 12 13	4 5 6 7 8 9 10
14 15 16 17 18 19 20	11 12 13 14 15 16 17
21 22 23 24 25 26 27	18 19 20 21 22 23 24
28 29 30 31	25 26 27 28 29 30

DO YOU KNOW WHAT MAKES UP A SCHOOL LUNCH?

There are 5 components:

- Fruit or 100% Fruit Juice
- Vegetable
- Meat or Meat Alternative
- Grain
- Fluid Milk

A student must take 3 of the 5 components, one of which must be a fruit or vegetable



HOW TO PAY FOR MEALS

EZSCHOOLPAY

RTSD Now Offers EZSchoolPay.com an online payment service for parents, use EZSchoolPay to:

- Pay for your child's meals
- Set up automatic email reminders to tell you when a payment is needed
- Make payments for all your children, even if they attend different schools
- View your child's cafeteria purchases and get information on foods your child eats at school

If you choose not to make payments using EZSchoolPay.com, you can still sign up for email reminders of low balance, and it's free of charge.

<http://www.ezschoollpay.com>

Payments by check/cash are acceptable. Please indicate your student's name and ID number on all checks.

2022-2023

RADNOR TOWNSHIP SCHOOL DISTRICT

HIGH SCHOOL MENU

MEAL CHARGING INFORMATION:

Our children are our most valuable resource and we want each and every one of them to have a proper lunch. No matter the ability to pay, every single student entering our cafeterias will be offered a qualified reimbursable meal of their choice which must include a fruit or vegetable with no questions asked. They are, however, prohibited from buying any extras — ice cream, chips, and other snacks — but they still get their full lunch when their account is in the negative.

Parents will be notified when their student has a negative lunch balance. Parents are expected to cover the cost of their student's lunches.

These guidelines are essential as a part of the safety net that protects American children from going hungry. Please see the district's food service website (<https://www.rtsd.org/Page/22276>) for details on the charging policy.

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 846-6136 (Spanish). USDA is an equal opportunity provider and employer.

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For questions please contact
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