

December 2022

Middle School LUNCH MENU

Meal Prices

Student Breakfast	Free
Student Lunch	\$2.45
Adult Lunch	\$4.95
Adult Breakfast	\$2.40
Milk Carton	\$0.45

A la carte items may be purchased if a student has funds in their lunch account.

Breakfast is located in the shaded area of the menu. Includes fruit and milk.

Chef Salads and Deli Subs available daily.

Vegetarian Options- Daily menu will be made vegetarian if possible or a vegetarian salad will be provided.

*Indicates item contains pork.

Allergy Information:

This menu may contain one or more of the following ingredients: milk, eggs, soy, and wheat. It does not contain peanuts or tree nuts per manufacturer labels.

The planned lunch meal provides 600-700 calories, <10% saturated fat, and 0g trans fats!

~Average gram (g) of carbohydrate

Menu subject to change due to product availability and weather delays/cancellations.

USDA is an equal opportunity provider, employer, and lender.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNS may experience food shortages and supply chain issues during SY22-23. These shortages may affect planned menu options requiring SNS to change the various menus on occasion and with little notice. SNS appreciates your participation in RPS meal programs and asks for your patience and understanding as we work through these food shortages.			1 Hamburger/ Cheeseburger~29g Black Bean Burger~44g Cheese Bites~35g w/Pizza Sauce~7g Fruit/Vegetable Selection	2 French Toast Sticks~42g w/ Chicken Sausage~0g Fruit/Vegetable Selection
			Mini Cinni~40g	Zee Zee Bar~41g
5 Sloppy Joe~42g Crispy Chicken Tenders~18g Vegetable Selection Fruit Selection	6 Chipotle Chicken Burrito Bowl~55g Pizza Quesadilla~39g Fruit/Vegetable Selection	7 Popcorn Chicken Bowl~55g w/Whole Grain Biscuit~30g Fruit/Vegetable Selection	8 Spaghetti~62g w/Garlic Breadstick~15g Spicy Chicken Wrap~31g Fruit/Vegetable Selection	9 *Pork Street Tacos~32g French Bread Pizza~30g w/Pizza Sauce~7g Fruit/Vegetable Selection
Oatmeal Breakfast Bar~47g	Apple Breakfast Bites~41g	Maple Waffle~37g	Muffin~67g	Frudel~37g
12 Orange Chicken w/Brown Rice~83g Mini Corn Dogs~35g Fruit/Vegetable Selection	13 Cheese or Pepperoni Pizza~35g Crispy Chicken Sandwich~48g Fruit/Vegetable Selection	14 Chili~34g w/Cornbread~28g Boneless Chicken Wings~26g Fruit/Vegetable Selection	15 Hamburger/ Cheeseburger~29g Black Bean Burger~44g Cheese Bites~35g w/Pizza Sauce~7g Fruit/Vegetable Selection	16 French Toast Sticks~42g w/ Chicken Sausage~0g Fruit/Vegetable Selection
Brekkie~52g	Pumpkin Bread~44g	Apple Round~32g	Mini Cinni~40g	Zee Zee Bar~41g
19 Sloppy Joe~42g Crispy Chicken Tenders~18g Vegetable Selection Fruit Selection	20 Chipotle Chicken Burrito Bowl~55g Pizza Quesadilla~39g Fruit/Vegetable Selection	21 Popcorn Chicken Bowl~55g w/Whole Grain Biscuit~30g Fruit/Vegetable Selection	22 Spaghetti w/Garlic Breadstick~15g Spicy Chicken Wrap~31g Fruit/Vegetable Selection	23 No School
Oatmeal Breakfast Bar~47g	Apple Breakfast Bites~41g	Maple Waffle~37g	Muffin~67g	
26 No School	27 No School	28 No School	29 No School	30 No School