

# February 2023

# High 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- Four entrees available daily. Includes fruit, juice, and milk.

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, soybeans, sesame, and wheat. Items containing peanuts, tree nuts, or fish are labeled on the item or line they are served on.

**The planned lunch meal provides 750-850 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
		1 Beef & Cheese Nachos~53g French Bread Pizza~30g w/Pizza Sauce~7g *Cobb Salad~15g w/Dinner Roll~14g Deli Sub~45g	2 Lasagna~25g w/Garlic Breadstick~15g Spicy Chicken Wrap~31g Asian Chicken Salad~51g w/Dinner Roll~14g Deli Sub~45g	3 Tomato Basil Soup~15g w/Grilled Cheese~34g Pizza~34g Chef Salad~15g w/Dinner Roll~14g Deli Sub~45g
6 Penne Rosa Pasta~57g w/Garlic Breadstick~15g Hamburger/ Cheeseburger~29g Chef Salad~15g w/Dinner Roll~14g Deli Sub~45g	7 *Pork Street Tacos~32g French Toast Sticks w/Chicken Sausage~42g Caesar Salad~11g w/Dinner Roll~14g Deli Sub~45g	8 Chili~48g w/Cinnamon Roll~58g French Bread Pizza~30g w/Pizza Sauce~7g *Cobb Salad~15g w/Dinner Roll~14g Deli Sub~45g	9 Breakfast Croissant~37g Pizza~34g Asian Chicken Salad~51g w/Dinner Roll~14g Deli Sub~45g	10 Sticky Szechuan Chicken Dumplings~40g w/Rice~40g Boneless Chicken Wings~26g Chef Salad~15g w/Dinner Roll~14g Deli Sub~45g
13 Chicken Alfredo~48g w/Garlic Breadstick~15g Cheese Filled Breadsticks~64g w/Pizza Sauce~7g Chef Salad~15g w/Dinner Roll~14g Deli Sub~45g	14 Popcorn Chicken Bowl~55g w/Biscuit~30g Hamburger/ Cheeseburger~29g Caesar Salad~11g w/Dinner Roll~14g Deli Sub~45g	15 Beef & Cheese Nachos~53g French Bread Pizza~30g w/Pizza Sauce~7g *Cobb Salad~15g w/Dinner Roll~14g Deli Sub~45g	16 Lasagna~25g w/Garlic Breadstick~15g Spicy Chicken Wrap~31g Asian Chicken Salad~51g w/Dinner Roll~14g Deli Sub~45g	17 Tomato Basil Soup~15g w/Grilled Cheese~34g Pizza~34g Chef Salad~15g w/Dinner Roll~14g Deli Sub~45g
20 No School	21 *Pork Street Tacos~32g French Toast Sticks w/Chicken Sausage~42g Caesar Salad~11g w/Dinner Roll~14g Deli Sub~45g	22 Chili~48g w/Cinnamon Roll~58g French Bread Pizza~30g w/Pizza Sauce~7g *Cobb Salad~15g w/Dinner Roll~14g Deli Sub~45g	23 Breakfast Croissant~37g Pizza~34g Asian Chicken Salad~51g w/Dinner Roll~14g Deli Sub~45g	24 Sticky Szechuan Chicken Dumplings~40g w/Rice~40g Boneless Chicken Wings~26g Chef Salad~15g w/Dinner Roll~14g Deli Sub~45g
27 Chicken Alfredo~48g w/Garlic Breadstick~15g Cheese Filled Breadsticks~64g w/Pizza Sauce~7g Chef Salad~15g w/Dinner Roll~14g Deli Sub~45g	28 Popcorn Chicken Bowl~55g w/Biscuit~30g Hamburger/ Cheeseburger~29g Caesar Salad~11g w/Dinner Roll~14g Deli Sub~45g			

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.