



High Schools  
Lunch Menu  
April -  
May 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 2</i>	April 10	April 11	April 12	April 13	April 14
<b>Meat, Meat Alt. &amp; Grain</b> (Choose 1)	<ul style="list-style-type: none"> <li>RPS Burger w./ or w/o Cheese on WG Bun</li> <li>Big Daddy Pizza</li> <li>Chef Salad w./Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Baked Spaghetti w/Meatballs &amp; WG Breadstick</li> <li>Deli Sandwich Combo/Chips</li> <li>Chef Salad w/Baked Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Fajita Chicken Wrap w/Ranch Dip</li> <li>Strawberry or Vanilla Parfait Cup w/Granola and Muffin</li> <li>Chef Salad w/Baked Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Teriyaki Chicken w/Rice</li> <li>Deli Sandwich Combo/Chips</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Big Daddy Pizza</li> <li>Parfait w/Granola and Muffin</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>
<b>Vegetable</b> (Choose 1-2)	<ul style="list-style-type: none"> <li>Baked Crinkle Cut Fries</li> <li>Pickle Spears/Tomato/Lettuce Cup</li> </ul>	<ul style="list-style-type: none"> <li>Seasoned Broccoli</li> <li>Toss Salad</li> </ul>	<ul style="list-style-type: none"> <li>Black Beans</li> <li>Pickle Spears/Tomato/Lettuce Cup</li> </ul>	<ul style="list-style-type: none"> <li>Baby Carrots</li> <li>Steamed Broccoli</li> </ul>	<ul style="list-style-type: none"> <li>Corn on the Cob</li> <li>Spring Salad Mix</li> </ul>
<b>Fruit</b> (Choose 1)	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>Frozen Peach Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Orange</li> <li>100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Chilled Fruit Cup</li> <li>Frozen Peach Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit in Season</li> <li>100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Peach Cup</li> <li>Fresh Seasonal Fruit</li> </ul>
<i>Week 3</i>	April 17	April 18	April 19	April 20	April 21
<b>Meat, Meat Alt. &amp; Grain</b> (Choose 1)	<ul style="list-style-type: none"> <li>RPS Burger w/ or w/o Cheese on WG Bun</li> <li>Chicken Patty Sandwich</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Big Daddy Pizza</li> <li>Beef Nachos w/Cheese &amp; Tortilla Chips</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Oven Baked Chicken w/Stuffing &amp; WG Roll</li> <li>Corn Dog</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li><b>Breakfast for Lunch</b></li> <li>Turkey Sausage</li> <li>French Toast Sticks</li> <li>Parfait w/Granola</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Pizza Dippers w/Marinara Dipping Sauce</li> <li>Chicken Tenders w/Roll</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>
<b>Vegetable</b> (Choose 1-2)	<ul style="list-style-type: none"> <li>Baked Beans</li> <li>Pickle Spears/Tomato/Lettuce Cup</li> </ul>	<ul style="list-style-type: none"> <li>Seasoned Green Beans</li> <li>Fresh Baby Carrots w/Ranch Dip</li> </ul>	<ul style="list-style-type: none"> <li>Steamed Broccoli</li> <li>Sweet Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Hash Brown Potato Patty</li> <li>Fresh Baby Carrots w/Ranch Dip</li> </ul>	<ul style="list-style-type: none"> <li>Chef Tossed Salad</li> <li>Oven Baked French Fries</li> </ul>
<b>Fruit</b> (Choose 1)	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>Frozen Peach Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Orange</li> <li>100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Chilled Fruit Cup</li> <li>Frozen Peach Cup</li> </ul>	<ul style="list-style-type: none"> <li>Assorted Fruit</li> <li>100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Strawberries</li> <li>Frozen Peach Cup</li> </ul>
<i>Week 4</i>	April 24	April 25	April 26	April 27	April 28
<b>Meat, Meat Alt. &amp; Grain</b> (Choose 1)	<ul style="list-style-type: none"> <li>RPS Burger w/ or w/o Cheese on WG Bun</li> <li>Chicken Patty Sandwich</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Big Daddy Pizza</li> <li>Beef Nachos w/Cheese &amp; Tortilla Chips</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Tender Wrap and Ranch Dip</li> <li>Strawberry or Vanilla Parfait Cup w/Granola and Muffin</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Philly Cheese Steak on WG Sub Roll</li> <li>Spicy Chicken Sandwich</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>	<ul style="list-style-type: none"> <li>Big Daddy's Pizza</li> <li>Parfait w/Granola and Muffin</li> <li>Chef Salad w/Baked Sun Chips &amp; WG Muffin</li> </ul>
<b>Vegetable</b> (Choose 1-2)	<ul style="list-style-type: none"> <li>Carrots with Dip</li> <li>Oven Baked French Fries</li> </ul>	<ul style="list-style-type: none"> <li>Seasoned Steamed Broccoli</li> <li>Corn</li> </ul>	<ul style="list-style-type: none"> <li>Baked Beans</li> <li>Pickle Spears/Tomato/Lettuce Cup</li> </ul>	<ul style="list-style-type: none"> <li>Oven Baked French Fries</li> <li>Green Beans</li> </ul>	<ul style="list-style-type: none"> <li>Corn on the Cob</li> <li>Spring Mix Salad</li> </ul>
<b>Fruit</b> (Choose 1)	<ul style="list-style-type: none"> <li>Fresh Apple</li> <li>Frozen Peach Cup</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Orange</li> <li>100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Assorted Fruit</li> <li>Frozen Peach Cup</li> </ul>	<ul style="list-style-type: none"> <li>Chilled Fruit Cup</li> <li>100% Fruit Juice</li> </ul>	<ul style="list-style-type: none"> <li>Fresh Fruit in Season</li> <li>Frozen Peach Cup</li> </ul>

Milk (Choose 1 per meal)

LF White | LF Chocolate | FF Skim

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