

2023-2024

Radnor Township School District

MIDDLE SCHOOL LUNCH MENU

Breakfast Menu

****Breakfast sandwich** contains:
one egg, .5 oz. of LF cheese on whole grain English muffin or bagel.

***Premium breakfast sandwich** contains:
one egg, .5 oz. of LF cheese, 1 oz. LF sausage on whole grain English muffin or bagel.

Students **must** take at least ½ cup fruit with each meal.

Student may substitute low sugar cereal and/or muffin for the daily entrée.

Lunch A La Carte Selections

- 4 oz. Muffins \$1.50
- Fresh Fruit Parfait w/Granola \$1.75
- Fresh Fruit pick up \$0.75
- WW Bun \$1.00
- Assorted Cereal \$1.00
- 4 oz. Yogurt \$0.75
- Fresh Fruit Cup \$1.00
- Pancakes/French Toast \$1.75
- Milk \$0.75
- Juice \$0.75
- 16 oz. Water \$1.00
- **Breakfast Sandwich \$2.00
- *Prem Breakfast Sandwich \$2.50

WEEKLY

- Monday**
 - WG French Toast
 - LF Sausage
 - Fresh Fruit
- Tuesday**
 - Sausage, Egg, Cheese on a Croissant
 - Assorted 100% Fruit Juice
- Wednesday**
 - French Toast Sticks
 - LF Sausage
 - Chilled Fruit
- Thursday**
 - Egg & Cheese Breakfast Sandwich
 - Assorted Fruit
- Friday**
 - WG Pancakes
 - LF Sausage
 - Assorted 100% Fruit Juice

Meal Pricing

- Breakfast **FREE**
- Reduced Breakfast **FREE**
- Lunch **\$3.25**
- Reduced Lunch **FREE**

Lunch Menu

*Vegetarian Meals Offered Daily
LF= Low Fat, LS= Low Sodium, WW= Whole Wheat, WG= Whole Grain

Week	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<ul style="list-style-type: none"> •Bosco Sticks with Marinara Sauce •Steamed Broccoli •Caesar Salad with LF Dressing •Chilled Fruit •Cheez-Its 	<ul style="list-style-type: none"> •Flame-Broiled Hamburger with Pickle •Mixed Green Side Salad with LF Dressing •Roasted Sweet Potatoes •Fresh Fruit •Vanilla or Chocolate Pudding 	<ul style="list-style-type: none"> •Whole Grain Regular or Spicy Chicken Tenders •Seasoned Potato Wedges •WG Breadstick •Carrot Coins •Veggie Apple Slaw •Seedless Grapes 	<ul style="list-style-type: none"> •Soft Beef Taco with Salsa, Shredded Lettuce, Tomato & LF Cheese •Black Bean Salad •Orange Slices •Sidekick 	<ul style="list-style-type: none"> •Toasted Cheese Sandwich •Creamy Tomato Soup •Vibrant Green Peas •Homemade Apple Crisp •Assorted 100% Fruit Juice •Goldfish
WEEK 2	<ul style="list-style-type: none"> •Mozzarella Sticks with Marinara •Fresh Veggie Tray with LF Dip •Ranch Potato Wedges •WG Dinner Roll •Fresh Fruit 	<ul style="list-style-type: none"> •WG Popcorn Chicken with BBQ Sauce •Potato Casserole •Garden Side Salad with LF Dressing •WG Breadstick •Sliced Apples 	<ul style="list-style-type: none"> •Hotdog on WW Bun •Macaroni & Cheese •Steamed Broccoli •Chilled Fruit •Graham Crackers 	<ul style="list-style-type: none"> •Chicken Nuggets with Sauce •Mashed Potatoes •Mini Corn Muffin •Honey Carrots •Fresh Fruit •Goldfish 	<ul style="list-style-type: none"> •Walking Tacos with Cheese •Fresh Tomato Salad •Assorted 100% Fruit Juice •Black Bean Salad •Applesauce with Cinnamon
WEEK 3	<ul style="list-style-type: none"> •Bosco Sticks with Marinara Sauce •Tossed Salad with LF Dressing •Celery sticks with LF dip •Seedless Grapes •Cheez-Its 	<ul style="list-style-type: none"> •Grilled Cheese Sandwich •Creamy Tomato Soup •Steamed Broccoli •Sliced Oranges •Assorted 100% Fruit Juice 	<ul style="list-style-type: none"> •Hamburger/Cheeseburger on Bun •Mixed Greens Salad with LF Dressing •Chilled Fruit •Cucumber Sticks with FF Dip •Vanilla or Chocolate Pudding 	<ul style="list-style-type: none"> •Pancakes •Hash Browns •Assorted 100% Fruit Juice •Sliced Apples •Belly Bears 	<ul style="list-style-type: none"> •Beef Nachos with Shredded Cheese & Lettuce •Refried Beans •Mini Corn Muffin •Salsa •Fresh Fruit
WEEK 4	<ul style="list-style-type: none"> •French Toast Sticks with Syrup •Hash Brown •Turkey Sausage Patty •Assorted 100% Fruit Juice •Orange Smiles 	<ul style="list-style-type: none"> •Chicken and Waffles •Steamed Broccoli •Assorted 100% Fruit Juice •Pineapple Tidbits 	<ul style="list-style-type: none"> •Stuffed Breadsticks with Marinara Sauce •Caesar Side Salad with LF Dressing •Fresh Fruit Cup •Assorted 100% Fruit Juice •Graham Crackers 	<ul style="list-style-type: none"> •Hamburger/Cheeseburger on Bun •Lettuce, Tomato, and Pickle •Oven Baked French Fries •Baby Carrots with LF Dip •Fresh Fruit 	<ul style="list-style-type: none"> •Flex Day Chef's Choice Menu will be posted on the website and in Cafeterias

Lunch Meal Calendar

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

Month	S	M	T	W	T	F	S
September '23						1	2
October '23							
November '23							
December '23							
January '24							
February '24							
March '24							
April '24							
May '24							
June '24							

ALTERNATIVE

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> •Pasta Bar \$4.00 •Premade Sandwiches \$4.00 •Premade Salad \$4.25 •Assorted WG Pizza \$3.50 	<ul style="list-style-type: none"> •Premade Sandwiches \$4.00 •Premade Salad \$4.25 •Assorted WG Pizza \$3.50 	<ul style="list-style-type: none"> •Premade Sandwiches \$4.00 •Premade Salad \$4.25 •Assorted WG Pizza \$3.50 	<ul style="list-style-type: none"> •Pasta Bar \$4.00 •Premade Sandwiches \$4.00 •Premade Salad \$4.25 •Assorted WG Pizza \$3.50 	<ul style="list-style-type: none"> •Pasta Bar \$4.00 •Premade Sandwiches \$4.00 •Premade Salad \$4.25 •Assorted WG Pizza \$3.50

Choice of milk available with all meals.

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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 PURCHASE MEALS WWW.EZSCHOOLPAY.COM

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.

Radnor Township School District

MIDDLE SCHOOL LUNCH 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.



2023-2024 Middle School Menu

For questions please contact:
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