

2023-2024
RADNOR TOWNSHIP SCHOOL DISTRICT
HIGH SCHOOL MENU

MEAL PRICING

BREAKFAST FREE
REDUCED BREAKFAST FREE
LUNCH 3.25
REDUCED LUNCH FREE



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!

STUDENT MAY SUBSTITUTE LOW SUGAR CEREAL AND/OR MUFFIN FOR THE DAILY ENTREE.

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

LUNCH MENU

Vegetarian Options Daily – Crudit  Platter: \$3.75, Hummus Meal: \$3.75, Veggie Burger Meal: \$3.75
Pre-Made Salads – Daily: \$4.25, Grab & Go Sandwiches – Daily: \$4.00, Pasta Bar – Daily: \$4.00

Pizza – Daily: \$3.25

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

- Flex Day
Menu will be posted on the website and in cafeterias

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
- Assorted 100% Fruit Juice
- Goldfish

THURSDAY

- WW Grilled Cheese Sandwich
- Tomato Soup
- Crunchy Veggie Salad
- Fresh Fruit
- Goldfish

FRIDAY

- Regular and Spicy Chicken Tenders
- Mac & Cheese
- Raw Veggie Tray with LF Dip
- Steamed Broccoli
- Assorted 100% Fruit Juice

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
- Potato Wedges
- Assorted 100% Fruit Juice
- Applesauce

THURSDAY

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

FRIDAY

- Beef Nachos with Chips, Cheese, Salsa & LF Sour Cream, Shredded Lettuce & Tomato
- Black Bean and Corn Salad
- Assorted 100% Fruit Juice
- Sliced Apples

WEEK 3

MONDAY

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

TUESDAY

- BBQ Pulled Pork Sandwich on a Kaiser Roll
- Baked Beans
- Sweet Potato Fries
- Assorted 100% Fruit Juice
- Diced Fruit
- Mini WG Soft Pretzel

WEDNESDAY

- Beef Cheese Steak with Saut ed Onions and Peppers
- Raw Veggie Tray with FF Dip
- Baked French 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 Fruit Basket
- Assorted 100% Fruit Juice

WEEK 4

MONDAY

- Chicken Cheese Steak
- Saut ed Onions
- Ranch Potato Wedges
- Garden Salad with LF Dressing
- Diced Fruit

TUESDAY

- Chicken Wings with Blue Cheese Dip
- Wedge Potatoes
- Steamed Broccoli
- Fresh Fruit
- Dinner Roll
- Assorted 100% Fruit Juice

WEDNESDAY

- Bascos Sticks
- Caesar Salad with LF Dressing
- Baby Carrots
- Chilled Fruit
- Van or Choc Pudding

THURSDAY

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

FRIDAY

- Chicken Parm Sandwich
- Seasoned Green Beans
- Mixed Green Salad with LF Dressing
- Apple Slices
- Assorted 100% Fruit Juice

SEPTEMBER '23						
S	M	T	W	T	F	S
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

OCTOBER '23						
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29	30	31				

NOVEMBER '23						
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DECEMBER '23						
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31						

JANUARY '24						
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FEBRUARY '24						
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MARCH '24						
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31						

APRIL '24						
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28	29	30				

MAY '24						
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JUNE '24						
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16	17	18	19	20	21	22
23	24	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.

2023-2024

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
Maureen Pearlingi
Maureen.Pearlingi@rtsd.org
610-688-8100 ext. 3141