

*High School  
Lunch Menu  
Fall 2023*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Sept 25	Sept 26	Sept 27	Sept 28	Sept 29
<b>Entree</b> (Choose 1) <b>Vegetables</b> (Choose 1-2) <b>Fruit</b> (Choose 1) <b>Milk</b> (Choose 1)	Holiday	<ul style="list-style-type: none"> <li>● RPS Burger</li> <li>● Crinkle Cut Fries</li> <li>● Pickle, Tomato &amp; Lettuce Cup</li> <li>● Apple</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Teriyaki Chicken w/ Rice &amp; Roll</li> <li>● Steamed Broccoli</li> <li>● Baked Sweet Potato</li> <li>● Orange</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Corn Dog</li> <li>● Baked Beans</li> <li>● Baby Carrots</li> <li>● Mixed Fruit</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Big Daddy's Pizza</li> <li>● Garden Salad</li> <li>● Seasoned Corn</li> <li>● Strawberry Cup</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>
<i>Week 2</i>	Oct 2	Oct 3	Oct 4	Oct 5	Oct 6
<b>Entree</b> (Choose 1) <b>Vegetables</b> (Choose 1-2) <b>Fruit</b> (Choose 1) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>● Spicy Chicken Sandwich</li> <li>● Pickle, Tomato &amp; Lettuce Cup</li> <li>● Broccoli w/Cheese</li> <li>● Banana</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Turkey Taco w/ Tortilla Chips</li> <li>● Black Beans</li> <li>● Salsa Cup</li> <li>● Orange</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Breakfast for Lunch: Chicken &amp; Waffles</li> <li>● Mixed Vegetables</li> <li>● Hashbrown Patty</li> <li>● Pear</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● BBQ Chicken w/ Roll</li> <li>● Potato Wedges</li> <li>● Coleslaw</li> <li>● Peach Cup</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Big Daddy's Pizza</li> <li>● Garden Salad</li> <li>● Seasoned Corn</li> <li>● Mixed Fruit</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>
<i>Week 3</i>	Oct 9	Oct 10	Oct 11	Oct 12	Oct 13
<b>Entree</b> (Choose 1) <b>Vegetables</b> (Choose 1-2) <b>Fruit</b> (Choose 1) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>● Hot Dog</li> <li>● Baked Beans</li> <li>● Steamed Broccoli</li> <li>● Apple</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Fajita Chicken Wrap</li> <li>● Black Beans</li> <li>● Salsa Cup</li> <li>● Diced Peaches</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Spaghetti w/ Meatballs &amp; Breadstick</li> <li>● Green Beans</li> <li>● Baby Carrots</li> <li>● Pear</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Tenders w/ Biscuit</li> <li>● Steamed Broccoli</li> <li>● Crinkle Cut Fries</li> <li>● Applesauce Cup</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Big Daddy's Pizza</li> <li>● Seasoned Corn</li> <li>● Garden Salad</li> <li>● Orange</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>
	<i>**National</i>	<i>School</i>	<i>Lunch</i>	<i>Week</i>	<i>Level Up!**</i>

*Additional Daily Entree Options*

- Chicken Sandwich or Pizza
  - Parfait w/Fruit & Granola
  - Hummus & Veggie Box
  - Entree Salad
- (Manager may offer 1-3 add'l options daily. Varies by school, see your cafe manager for details)

*Nutrition Bites*

- Oct 9-13 is National School Lunch Week. The theme is Level Up!
- When you are low on energy, seek out nutritious food to fuel your mind and your next adventure, just like your favorite video game character!
- Learn more about the National School Lunch Program at [nokidhungry.org/blog/what-is-the-national-school-lunch-program](https://nokidhungry.org/blog/what-is-the-national-school-lunch-program)

Lunch includes:  
Choice of 1 Entree,  
1-2 Vegetables, 1-2  
Fruits, and 1 Milk

Menu subject to change due to item availability

Vegetarian Options  
Available Upon Request

# High School Lunch Menu Fall 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Oct 16	Oct 17	Oct 18	Oct 19	Oct 20
<b>Entree</b> (Choose 1) <b>Vegetables</b> (Choose 1-2) <b>Fruit</b> (Choose 1) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>● Philly Cheese Steak</li> <li>● Green Beans</li> <li>● Coleslaw</li> <li>● Diced Pears</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● RPS Burger</li> <li>● Crinkle Cut Fries</li> <li>● Pickle, Tomato &amp; Lettuce Cup</li> <li>● Apple</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Teriyaki Chicken w/ Rice &amp; Roll</li> <li>● Steamed Broccoli</li> <li>● Baked Sweet Potato</li> <li>● Orange</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Corn Dog</li> <li>● Baked Beans</li> <li>● Baby Carrots</li> <li>● Mixed Fruit</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Big Daddy's Pizza</li> <li>● Garden Salad</li> <li>● Seasoned Corn</li> <li>● Strawberry Cup</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>
<i>Week 2</i>	Oct 23	Oct 24	Oct 25	Oct 26	Oct 27
<b>Entree</b> (Choose 1) <b>Vegetables</b> (Choose 1-2) <b>Fruit</b> (Choose 1) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>● Spicy Chicken Sandwich</li> <li>● Pickle, Tomato &amp; Lettuce Cup</li> <li>● Broccoli w/Cheese</li> <li>● Banana</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Turkey Taco w/ Tortilla Chips</li> <li>● Black Beans</li> <li>● Salsa Cup</li> <li>● Orange</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Breakfast for Lunch: Chicken &amp; Waffles</li> <li>● Mixed Vegetables</li> <li>● Hashbrown Patty</li> <li>● Pear</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● BBQ Chicken w/ Roll</li> <li>● Potato Wedges</li> <li>● Coleslaw</li> <li>● Peach Cup</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Big Daddy's Pizza</li> <li>● Garden Salad</li> <li>● Seasoned Corn</li> <li>● Mixed Fruit</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>
<i>Week 3</i>	Oct 30	Oct 31	Nov 1	Nov 2	Nov 3
<b>Entree</b> (Choose 1) <b>Vegetables</b> (Choose 1-2) <b>Fruit</b> (Choose 1) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>● Hot Dog</li> <li>● Baked Beans</li> <li>● Steamed Broccoli</li> <li>● Apple</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Fajita Chicken Wrap</li> <li>● Black Beans</li> <li>● Salsa Cup</li> <li>● Diced Peaches</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Spaghetti w/ Meatballs &amp; Breadstick</li> <li>● Green Beans</li> <li>● Baby Carrots</li> <li>● Pear</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Tenders w/ Biscuit</li> <li>● Steamed Broccoli</li> <li>● Crinkle Cut Fries</li> <li>● Applesauce Cup</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Big Daddy's Pizza</li> <li>● Seasoned Corn</li> <li>● Garden Salad</li> <li>● Orange</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>

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- Hummus & Veggie Box
- Entree Salad

(Manager may offer 1-3 add'l options daily. Varies by school, see your cafe manager for details)

### Nutrition Bites

- October is National Apple Month
- "An apple a day keeps the doctor away" because apples are packed with nutrients like fiber and antioxidants that keep your brain, heart, and gut healthy.
- Learn more at [health.clevelandclinic.org/benefits-of-apples/](https://health.clevelandclinic.org/benefits-of-apples/)

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Choice of 1 Entree,  
1-2 Vegetables, 1-2  
Fruits, and 1 Milk

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to item availability

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