

K-5 Lunch

*Elementary School
Lunch Menu
Winter 2023*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● Pizza Dippers ● Marinara Cup ● Green Beans ● Diced Pears ● Assorted Milk 	Schools Closed Caregiver/Teacher Conferences	<ul style="list-style-type: none"> ● Chicken Nuggets w/ Biscuit ● Steamed Broccoli ● Seasoned Carrots ● Mixed Fruit ● Assorted Milk 	<ul style="list-style-type: none"> ● Corn Dog ● Baked Beans ● Seasoned Peas ● Orange ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Garden Salad ● Seasoned Carrots ● Applesauce Cup ● Assorted Milk
<i>Week 2</i>	Nov 13	Nov 14	Nov 15	Nov 16	Nov 17
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	RPS Closed Diwali	<ul style="list-style-type: none"> ● Turkey Taco w/ Tortilla Chips ● Black Beans ● Salsa Cup ● Mixed Fruit ● Assorted Milk 	<ul style="list-style-type: none"> ● Breakfast for Lunch: Chicken & Waffles ● Seasoned Carrots ● Hashbrown Patty ● Diced Pears ● Assorted Milk 	<ul style="list-style-type: none"> ● Autumn Holiday Meal 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Garden Salad ● Seasoned Corn ● Strawberry Cup ● Assorted Milk
<i>Week 3</i>	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● Hot Dog ● Baked Beans ● Steamed Broccoli ● Banana ● Assorted Milk 	<ul style="list-style-type: none"> ● Spaghetti w/ Meatballs & Breadstick ● Green Beans ● Seasoned Carrots ● Diced Pears ● Assorted Milk 	**Thanksgiving	Break	RPS Closed**

Additional Daily Entree Options

- Yogurt w/Cheese & Crackers
 - Parfait w/Fruit & Granola
 - Hummus & Veggie Box
 - Entree Salad
- (Manager may offer 1-2 additional options daily. Varies by school, see your cafe manager for details)

Nutrition Bites

- November is National Native American Heritage Month.
- Commemorate National Native American Heritage Month with indigenous foods!
- Try recipes and cooking techniques as we enjoy native ingredients during holiday celebrations that still nourish us today at <https://www.firstnations.org/knowledge-center/recipes/>

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

Menu subject to change due
to item availability

Vegetarian Options
Available Upon Request

*Elementary School
Lunch Menu
Winter 2023*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Nov 27	Nov 28	Nov 29	Nov 30	Dec 1
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● Pizza Dippers ● Marinara Cup ● Green Beans ● Diced Pears ● Assorted Milk 	<ul style="list-style-type: none"> ● RPS Burger ● Crinkle Cut Fries ● Pickle, Tomato & Lettuce Cup ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Teriyaki Chicken w/Rice ● Steamed Broccoli ● Baked Sweet Potato ● Orange ● Assorted Milk 	<ul style="list-style-type: none"> ● Corn Dog ● Baked Beans ● Seasoned Peas ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Garden Salad ● Seasoned Carrots ● Red Apple ● Assorted Milk
<i>Week 2</i>	Dec 4	Dec 5	Dec 6	Dec 7	Dec 8
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● Crispy Chicken Sandwich ● Coleslaw ● Potato Wedges ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Turkey Taco w/ Tortilla Chips ● Black Beans ● Salsa Cup ● Mixed Fruit ● Assorted Milk 	<ul style="list-style-type: none"> ● Breakfast for Lunch: Chicken & Waffles ● Mixed Vegetables ● Hashbrown Patty ● Diced Pears ● Assorted Milk 	<ul style="list-style-type: none"> ● Ranch Chicken w/Dinner Roll ● Steamed Broccoli ● Seasoned Carrots ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Garden Salad ● Seasoned Corn ● Strawberry Cup ● Assorted Milk
<i>Week 3</i>	Dec 11	Dec 12	Dec 13	Dec 14	Dec 15
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● Hot Dog ● Baked Beans ● Steamed Broccoli ● Banana ● Assorted Milk 	<ul style="list-style-type: none"> ● Teriyaki Chicken Dumplings ● Seasoned Peas ● Seasoned Carrots ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Spaghetti w/ Meatballs & Breadstick ● Green Beans ● Baby Carrots ● Pear ● Assorted Milk 	<ul style="list-style-type: none"> ● Chicken Nuggets w/ Biscuit ● Steamed Broccoli ● Seasoned Corn ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Seasoned Corn ● Garden Salad ● Apple ● Assorted Milk

Additional Daily Entree Options

- Yogurt w/Cheese & Crackers
 - Parfait w/Fruit & Granola
 - Hummus & Veggie Box
 - Entree Salad
- (Manager may offer 1-2 additional options daily. Varies by school, see your cafe manager for details)

Nutrition Bites

- December 1st is Eat a Red Apple Day
- The Dietary Guidelines for Americans recommends two cups of fruit per day as a part of a healthy diet.
- A medium raw, 3-inch apple is low in calories and contains vitamin C, potassium and 4.4 grams of dietary fiber if eaten with the skin

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

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