

6-8 MS Lunch

*Middle 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"> RPS Burger Crinkle Cut Fries Pickle, Tomato & Lettuce Cup Apple Assorted Milk 	Schools Closed Caregiver/Teacher Conferences	<ul style="list-style-type: none"> Ranch Chicken w/ Dinner Roll Steamed Broccoli Baked Sweet Potato Applesauce Cup Assorted Milk 	<ul style="list-style-type: none"> Corn Dog Baked Beans Baby Carrots 100% Juice Assorted Milk 	<ul style="list-style-type: none"> Big Daddy's Pizza Garden Salad Seasoned Corn Orange 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 Mixed Vegetables 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 Apple 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 Coleslaw 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

- Chicken Sandwich, Hamburger, or Pizza
- Parfait w/Fruit & Granola
- Hummus & Veggie Box
- Entree Salad

(Manager may offer 1-3 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

*Middle School
Lunch Menu
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	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"> ● Philly Cheese Steak ● Coleslaw ● Green Beans ● Diced Pears ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● RPS Burger ● Crinkle Cut Fries ● Pickle, Tomato & Lettuce Cup ● Orange ● Assorted Milk 	<ul style="list-style-type: none"> ● BBQ Chicken w/ Dinner Roll ● Steamed Broccoli ● Baked Sweet Potato ● Applesauce Cup ● Assorted Milk 	<ul style="list-style-type: none"> ● Corn Dog ● Baked Beans ● Seasoned Carrots ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Garden Salad ● Seasoned Corn ● 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"> ● Spicy Chicken Sandwich ● Pickle, Tomato & Lettuce Cup ● Broccoli w/Cheese ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Turkey Taco w/ Tortilla Chips ● Black Beans ● Salsa Cup ● Orange ● 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 ● Potato Wedges ● Coleslaw ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Garden Salad ● Seasoned Corn ● Apple ● 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 ● Coleslaw ● 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 ● Crinkle Cut Fries ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Seasoned Corn ● Garden Salad ● Orange ● Assorted Milk

Additional Daily Entree Options

- Chicken Sandwich, Hamburger, or Pizza
- Parfait w/Fruit & Granola
- Hummus & Veggie Box
- Entree Salad

(Manager may offer 1-3 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

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

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to item availability

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