

9-12 HS Lunch

*High School  
Lunch Menu  
Winter 2023*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Nov 6	Nov 7	Nov 8	Nov 9	Nov 10
<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>● RPS Burger</li> <li>● Crinkle Cut Fries</li> <li>● Pickle, Tomato &amp; Lettuce Cup</li> <li>● Red Apple</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	Schools Closed Caregiver/Teacher Conferences	<ul style="list-style-type: none"> <li>● Ranch Chicken w/Mac 'N' Cheese + 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>● Seasoned Carrots</li> <li>● Mixed Fruit</li> <li>● Apple Slices</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>	Nov 13	Nov 14	Nov 15	Nov 16	Nov 17
<b>Entree</b> (Choose 1) <b>Vegetables</b> (Choose 1-2) <b>Fruit</b> (Choose 1) <b>Milk</b> (Choose 1)	RPS Closed Diwali	<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>● Diced Pears</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken &amp; Waffles</li> <li>● Mixed Vegetables</li> <li>● Hashbrown Patty</li> <li>● Green Apple</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	● Autumn Holiday Meal	<ul style="list-style-type: none"> <li>● Big Daddy's Pizza</li> <li>● Steamed Broccoli</li> <li>● Seasoned Corn</li> <li>● Mixed Fruit</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>
<i>Week 3</i>	Nov 20	Nov 21	Nov 22	Nov 23	Nov 24
<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>● Red Apple</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>● Seasoned Carrots</li> <li>● Pear</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	**Thanksgiving	Break	RPS Closed**

*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*

- 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, 1-2  
Fruits, and 1 Milk

Menu subject to change due  
to item availability

Vegetarian Options  
Available Upon Request

*High School  
Lunch Menu  
Winter 2023*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Nov 27	Nov 28	Nov 29	Nov 30	Dec 1
<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>● Mixed Fruit</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>● Seasoned Carrots</li> <li>● Mixed Fruit</li> <li>● Strawberry Cup</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>● Red Apple</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>
<i>Week 2</i>	Dec 4	Dec 5	Dec 6	Dec 7	Dec 8
<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>● Mixed Fruit</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken &amp; Waffles</li> <li>● Mixed Vegetables</li> <li>● Hashbrown Patty</li> <li>● Diced Pears</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Ranch Chicken w/ Roll</li> <li>● Potato Wedges</li> <li>● Coleslaw</li> <li>● Strawberry Cup</li> <li>● Apple</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>	Dec 11	Dec 12	Dec 13	Dec 14	Dec 15
<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>● Teriyaki Chicken Dumplings</li> <li>● Seasoned Peas</li> <li>● Seasoned Carrots</li> <li>● Mixed Fruit</li> <li>● Orange</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>● Diced Pears</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>● Mixed Fruit</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>

*Additional Daily Entree Options*

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*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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Fruits, and 1 Milk

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