

6-8 MS Lunch

Middle School Lunch Menu Spring 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	Presidents' Day RPS Closed	<ul style="list-style-type: none"> RPS Burger Crinkle Cut Fries Pickle, Tomato & Lettuce Cup Apple Chilled Peaches Assorted Milk 	<ul style="list-style-type: none"> Ranch Chicken w/ Dinner Roll Steamed Broccoli Sweet Potatoes Applesauce Cup 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Corn Dog Baked Beans Seasoned Carrots Mixed Fruit Pear Assorted Milk 	<ul style="list-style-type: none"> Big Daddy's Pizza Garden Salad Seasoned Corn Apple Slices Orange Assorted Milk
<i>Week 2</i>	Feb 26	Feb 27	Feb 28	Feb 29	Mar 1
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% Fruit Juice Mixed Fruit Assorted Milk 	<ul style="list-style-type: none"> Turkey Taco w/ Tortilla Chips Black Beans Salsa Cup Orange Diced Pears Assorted Milk 	<ul style="list-style-type: none"> Breakfast for Lunch: Chicken & Waffles Mixed Vegetables Hashbrown Patty Chilled Peaches 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Sweet & Sour Chicken Nuggets w/ Rice Steamed Broccoli Coleslaw Applesauce Cup Pear Assorted Milk 	<ul style="list-style-type: none"> Big Daddy's Pizza Garden Salad Seasoned Corn Apple Slices Chilled Peaches Assorted Milk
<i>Week 3</i>	Mar 4	Mar 5	Mar 6	Mar 7	Mar 8
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> Hot Dog Baked Beans Crinkle Cut Fries Apple 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Teriyaki Chicken Dumplings Seasoned Peas Seasoned Carrots Diced Pears Orange Assorted Milk 	<ul style="list-style-type: none"> Pasta, Meatballs & Breadstick Green Beans Baby Carrots Mixed Fruit 100% Fruit Juice Assorted Milk 	<ul style="list-style-type: none"> Manager's Choice 	<ul style="list-style-type: none"> Manager's Choice

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

- National Nutrition Month
- The theme for National Nutrition Month 2024 is, "Beyond the Table".
- The six basic nutrients are: carbohydrates, proteins, fats, vitamins, minerals and water. Try to incorporate all nutrients into meals for a balanced diet.

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