

9-12 HS Lunch

# High School Lunch Menu Spring 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Feb 19	Feb 20	Feb 21	Feb 22	Feb 23
<b>Entree</b> (Choose 1) <b>Vegetables</b> (Choose 1-2) <b>Fruit</b> (Choose 1) <b>Milk</b> (Choose 1)	<i>Presidents' Day</i> <i>RPS Closed</i>	<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>● Chilled Peaches</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Ranch Chicken w/Mac 'N' Cheese + Roll</li> <li>● Steamed Broccoli</li> <li>● Sweet Potatoes</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>● Applesauce cup</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>
<i>Week 2</i>	Feb 26	Feb 27	Feb 28	Feb 29	Mar 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>● Spicy Chicken Sandwich</li> <li>● Pickle, Tomato &amp; Lettuce Cup</li> <li>● Broccoli w/Cheese</li> <li>● Orange</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>● Chilled Peaches</li> <li>● Green Apple</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Breakfast for Lunch: Chicken &amp; Waffles</li> <li>● Seasoned Peas</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>● Sweet &amp; Sour Popcorn Chicken w/ Rice</li> <li>● Mixed Vegetables</li> <li>● Coleslaw</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>● Apple Slices</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>
<i>Week 3</i>	Mar 4	Mar 5	Mar 6	Mar 7	Mar 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>● 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>● Pasta, 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>● Manager's Choice</li> </ul>	<ul style="list-style-type: none"> <li>● Manager's Choice</li> </ul>

### 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

- 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, 1-2  
Fruits, and 1 Milk

Menu subject to change due  
to item availability

Vegetarian Options  
Available Upon Request