

9-12 HS Lunch

# High School Lunch Menu Spring 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Apr 1	Apr 2	Apr 3	Apr 4	Apr 5
<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>No School</li> <li>Spring Break</li> </ul>	<ul style="list-style-type: none"> <li>No School</li> <li>Spring Break</li> </ul>	<ul style="list-style-type: none"> <li>No School</li> <li>Spring Break</li> </ul>	<ul style="list-style-type: none"> <li>No School</li> <li>Spring Break</li> </ul>	<ul style="list-style-type: none"> <li>No School</li> <li>Spring Break</li> </ul>
<i>Week 2</i>	Apr 8	Apr 9	Apr 10	Apr 11	Apr 12
<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 + Cheese Sauce</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>RPS Closed</li> <li>Eid-al-Fitr</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>Pear</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>	Apr 15	Apr 16	Apr 17	Apr 18	Apr 19
<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>Chicken Nuggets w/ Dinner Roll</li> <li>Seasoned Peas</li> <li>Seasoned Carrots</li> <li>Chilled Peaches</li> <li>Orange</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>RPS Burger</li> <li>Green Beans</li> <li>Fries or Wedges</li> <li>Pear</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>Baby Carrots</li> <li>Applesauce Cup</li> <li>100% Juice</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

- Chicken Sandwich or Pizza
  - Granola & Yogurt Parfait
  - Hummus & Veggie Box w/ Tostitos
  - Entree Salad w/ Cheezits & Grahams
- (Manager may offer 1-3 add'l options daily. Varies by school, see your cafe manager for details)

### Nutrition Bites

- April is National Garden Month!
- 4/2 National Peanut Butter & Jelly Day
- 4/4 International Carrot Day
- 4/17 National Banana Day
- 4/22 Earth Day

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