

9-12 HS Lunch

# High School Lunch Menu Spring 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Apr 22	Apr 23	Apr 24	Apr 25	Apr 26
<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 Cheesesteak</li> <li>● Green beans</li> <li>● Coleslaw</li> <li>● Pear</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>● Red Apple</li> <li>● Chilled Peaches</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Drumstick w/Rice &amp; 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>● Diced Pears</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>	Apr 30	May 1	May 2	May 3	May 4
<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>● Lettuce, Tomato, Pickle Spear</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>● Breakfast for Lunch: Chicken &amp; Waffles</li> <li>● Baby Carrots</li> <li>● Hashbrown Patty</li> <li>● Pear</li> <li>● 100% Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Popcorn Chicken w/ Roll</li> <li>● Mixed Vegetables</li> <li>● Coleslaw</li> <li>● Diced Pears</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>	May 6	May 7	May 8	May 9	May 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>● 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

- May is National Salad Month
- 5/3 School Lunch Hero Day
- 5/13 International Hummus Day
- 5/13 - 19 Food Allergy Awareness Week
- 5/20 World Bee 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