

9-12 HS Lunch

High School Lunch Menu Summer 2024

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Sep 2	Sep 3	Sep 4	Sep 5	Sep 6
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● RPS Closed ● No School 	<ul style="list-style-type: none"> ● RPS Burger ● French Fries ● Pickle, Tomato & Lettuce Cup ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Corn Dog ● Baked Beans ● Seasoned Carrots ● Fresh Fruit ● Applesauce Cup ● Assorted Milk 	<ul style="list-style-type: none"> ● Dumpling Trio w/ Egg Roll ● Broccoli ● Vegetable Stir-fry ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Garden Salad ● Seasoned Corn ● Fresh Fruit ● Tropical Fruit ● Assorted Milk
<i>Week 2</i>	Sep 9	Sep 10	Sep 11	Sep 12	Sep 13
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 ● Seasoned Broccoli ● Fresh Fruit ● Chilled Peaches ● Assorted Milk 	<ul style="list-style-type: none"> ● Turkey Taco w/ Tortilla Chips ● Ranchero Beans ● Salsa Cup ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Spaghetti w/ Meatballs & Breadstick ● Green Beans ● Seasoned Corn ● Fresh Fruit ● Chilled Pears ● Assorted Milk 	<ul style="list-style-type: none"> ● Chicken Tenders w/ Biscuit ● Mixed Vegetables ● Fries ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Garden Salad ● Seasoned Carrots ● Fresh Fruit ● Chilled Pineapple ● Assorted Milk
<i>Week 3</i>	Sep 16	Sep 17	Sep 18	Sep 19	Sep 20
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● Hot Dog ● Baked Beans ● Seasoned Corn ● Fresh Fruit ● Mandarin Oranges ● Assorted Milk 	<ul style="list-style-type: none"> ● Popcorn Chicken w/Dinner Roll ● Sweet Potatoes ● Collard Greens ● Fresh Fruit ● 100% Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Spicy Mozz Bites ● Marinara Cup ● Green Beans ● Fresh Fruit ● Applesauce Cups ● Assorted Milk 	<ul style="list-style-type: none"> ● Turkey Croissant ● Doritos ● Pickle Spears (2) ● Mixed Vegetables ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Garden Salad ● Seasoned Corn ● Fresh Fruit ● Mixed Fruit ● Assorted Milk

Alternative Entree Options

- Yogurt & Granola - Mon, Wed
- Pizza - Tue
- Chicken Sandwich - Wed
- Entree Salad w/ Roll - Mon - Fri

Nutrition Bites

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