

PLEASE!! NO PEANUTS or
TREE NUTS IN SCHOOL

RHS BREAKFAST and LUNCH MENU
DATE: SEPTEMBER 30 - OCTOBER 18, 2024

MILK CHOICES ARE NON-FLAVORED
OR CHOCOLATE 1% OR FAT FREE

Monday, September 30, 2024	Tuesday, October 1, 2024	Wednesday, October 2, 2024	Thursday, October 3, 2024	Friday, October 4, 2024
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
SAUSAGE BISCUIT(WG) FRUIT SELECTION MILK	WAFFLES(WG) FRUIT SELECTION MILK	FRUIT and YOGURT PARFAIT FRUIT SELECTION MILK	CHICEKN BISCUIT(WG) FRUIT SELECTION MILK	ASSORTED DONUTS(WG) FRUIT SELECTION MILK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
CHICKEN TENDERS MASHED POTATOES GREEN BEANS FRUIT SELECTION MILK	CHICKEN SANDWICH LETTUCE, TOMATO, PICKLE FRENCH FRIES FRUIT SELECTION MILK	MANWICH(SLOPPY JOE) ONION RINGS GREEN BEANS FRUIT SELECTION MILK	CORN DOG MINIS TATER TOTS BROCCOLI-n-CHEESE FRUIT SELECTION MILK	PEPPERONI or VEGGIE PIZZA GARDEN SALAD CORN FRUIT SELECTION MILK
Monday, October 7, 2024	Tuesday, October 8, 2024	Wednesday, October 9, 2024	Thursday, October 10, 2024	Friday, October 11, 2024
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
HOT HAM-n-CHZ CROISSANT FRUIT SELECTION MILK	FRENCH TOAST FRUIT SELECTION MILK	PANCAKE-n-SAUSAGE WRAP FRUIT SELECTION MILK	CHICEKN BISCUIT(WG) FRUIT SELECTION MILK	ASSORTED DONUTS(WG) FRUIT SELECTION MILK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
CHICKEN TENDERS MASHED POTATOES GREEN BEANS FRUIT SELECTION MILK	CHICKEN SANDWICH LETTUCE, TOMATO, PICKLE FRENCH FRIES FRUIT SELECTION MILK	PULLED PORK BBQ w/BUN BAKED BEANS FRENCH FRIES FRUIT SELECTION MILK	CORN DOG MINIS TATER TOTS BROCCOLI-n-CHEESE FRUIT SELECTION MILK	PEPPERONI or VEGGIE PIZZA GARDEN SALAD CORN FRUIT SELECTION MILK
Monday, October 14, 2024	Tuesday, October 15, 2024	Wednesday, October 16, 2024	Thursday, October 17, 2024	Friday, October 18, 2024
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
CLOSED COLUMBUS DAY	SAUSAGE BISCUIT(WG) FRUIT SELECTION MILK	ASSORTED POPTARTS(WG) FRUIT SELECTION MILK	CHICEKN BISCUIT(WG) FRUIT SELECTION MILK	ASSORTED DONUTS(WG) FRUIT SELECTION MILK
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
CLOSED COLUMBUS DAY	CHICKEN SANDWICH LETTUCE, TOMATO, PICKLE FRENCH FRIES FRUIT SELECTION MILK	CREAMY CHICKEN ALFREDO BREADSTICK(WG) GARDEN SALAD FRUIT SELECTION MILK	CORN DOG MINIS TATER TOTS BROCCOLI-n-CHEESE FRUIT SELECTION MILK	PEPPERONI or VEGGIE PIZZA GARDEN SALAD CORN FRUIT SELECTION MILK

MENU NOTES: CEREAL/FRUIT/MILK - Available Daily
menus are subject to change due to availability

Meals are FREE to ALL
enrolled students

USDA is an equal opportunity provider.
WG = whole grain