

PLEASE!! NO PEANUTS or
TREE NUTS IN SCHOOL

RHS BREAKFAST and LUNCH MENU
DATE: OCTOBER 21 - NOVEMBER 8, 2024

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

| Monday, October 21, 2024 | Tuesday, October 22, 2024 | Wednesday, October 23, 2024 | Thursday, October 24, 2024 | Friday, October 25, 2024 |
|--|--|--|--|--|
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| WAFFLES FRUIT SELECTION MILK | SAUSAGE BISCUIT(WG) FRUIT SELECTION MILK | FRUIT and YOGURT PARFAIT FRUIT SELECTION MILK | CHICKEN 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 | GENERAL TSO'S CHICKEN VEGGIE EGG ROLL - FRIED RICE FORTUNE COOKIE 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 28, 2024 | Tuesday, October 29, 2024 | Wednesday, October 30, 2024 | Thursday, October 31, 2024 | Friday, November 1, 2024 |
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| FRENCH TOAST FRUIT SELECTION MILK | SAUSAGE BISCUIT FRUIT SELECTION MILK | PANCAKE-n-SAUSAGE WRAP FRUIT SELECTION MILK | CHICKEN 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 | MEATBALL SUB 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, November 4, 2024 | Tuesday, November 5, 2024 | Wednesday, November 6, 2024 | Thursday, November 7, 2024 | Friday, November 8, 2024 |
| BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST | BREAKFAST |
| SAUSAGE BISCUIT(WG) FRUIT SELECTION MILK | CLOSED TWD/ELECTION DAY | CHICKEN BISCUIT(WG) FRUIT SELECTION MILK | BACON, EGG, and CHZ BISCUIT FRUIT SELECTION MILK | ASSORTED DONUTS(WG) FRUIT SELECTION MILK |
| LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| CHICKEN TENDERS MASHED POTATOES GREEN BEANS FRUIT SELECTION MILK | CLOSED TWD/ELECTION DAY | CHEESE BURGER w/BUN(WG) LETTUCE, TOMATO, ONION BAKED 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 |

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