

9-12 HS Lunch

# High School Lunch Menu Fall 2024

|   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|--|
| <i>Week 1</i>   | Nov 25   | Nov 26   | Nov 27   | Nov 28   | Nov 29   |
| <b>Entree</b><br>(Choose 1)<br><b>Vegetables</b><br>(Choose 1-2)<br><b>Fruit</b><br>(Choose 1)<br><b>Milk</b><br>(Choose 1) | <ul style="list-style-type: none"> <li>RPS Burger</li> <li>Potato Wedges</li> <li>Pickle, Onion &amp; Lettuce Cup</li> <li>Fresh Fruit</li> <li>Mandarin Oranges</li> <li>Assorted Milk</li> </ul>           | <ul style="list-style-type: none"> <li>BBQ Chicken + Dinner Roll</li> <li>Seasoned Green Beans</li> <li>Mashed Potatoes</li> <li>Fresh Fruit</li> <li>100% Fruit Juice</li> <li>Assorted Milk</li> </ul> | <ul style="list-style-type: none"> <li>Thanksgiving Break</li> <li>RPS Closed</li> </ul>   | <ul style="list-style-type: none"> <li>Thanksgiving Day</li> <li>RPS Closed</li> </ul>   | <ul style="list-style-type: none"> <li>Thanksgiving Break</li> <li>RPS Closed</li> </ul>   |
| <i>Week 2</i>   | Dec 2  | Dec 3  | Dec 4  | Dec 5  | Dec 6  |
| <b>Entree</b><br>(Choose 1)<br><b>Vegetables</b><br>(Choose 1-2)<br><b>Fruit</b><br>(Choose 1)<br><b>Milk</b><br>(Choose 1) | <ul style="list-style-type: none"> <li>Spicy Chicken Sandwich</li> <li>Pickle, Onion &amp; Lettuce</li> <li>Seasoned Broccoli</li> <li>Fresh Fruit</li> <li>Frosty Peaches</li> <li>Assorted Milk</li> </ul> | <ul style="list-style-type: none"> <li>Beef Nachos</li> <li>Taco Fiesta Black Beans</li> <li>Salsa Cup</li> <li>Fresh Fruit</li> <li>100% Fruit Juice</li> <li>Assorted Milk</li> </ul>                  | <ul style="list-style-type: none"> <li>Thai Chili Chicken &amp; Rice Bowl</li> <li>Stir-fry Vegetables</li> <li>Manager's Choice Fresh Vegetable</li> <li>Fresh Fruit</li> <li>Chilled Pears</li> <li>Assorted Milk</li> </ul> | <ul style="list-style-type: none"> <li>Chicken Tenders w/ Waffle</li> <li>Mixed Vegetables</li> <li>Potato Wedges</li> <li>Fresh Fruit</li> <li>100% Fruit 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 Carrots</li> <li>Fresh Fruit</li> <li>Chilled Pineapple</li> <li>Assorted Milk</li> </ul> |
| <i>Week 3</i>   | Dec 9  | Dec 10   | Dec 11   | Dec 12   | Dec 13   |
| <b>Entree</b><br>(Choose 1)<br><b>Vegetables</b><br>(Choose 1-2)<br><b>Fruit</b><br>(Choose 1)<br><b>Milk</b><br>(Choose 1) | <ul style="list-style-type: none"> <li>Twin Egg Rolls (2)</li> <li>Vegetable Stir-Fry</li> <li>Seasoned Corn</li> <li>Fresh Fruit</li> <li>Mandarin Oranges</li> <li>Assorted Milk</li> </ul>                | <ul style="list-style-type: none"> <li>Popcorn Chicken w/Dinner Roll</li> <li>Sweet Potatoes</li> <li>Collard Greens</li> <li>Fresh Fruit</li> <li>100% Fruit Juice</li> <li>Assorted Milk</li> </ul>    | <ul style="list-style-type: none"> <li>Spicy Mozz Bites</li> <li>Marinara Cup</li> <li>Green Beans</li> <li>Fresh Fruit</li> <li>Tropical Fruit</li> <li>Assorted Milk</li> </ul>  | <ul style="list-style-type: none"> <li>Philly Cheese Steak</li> <li>RF Doritos</li> <li>Pickle Spears (2)</li> <li>Baked Beans</li> <li>Local VA Apple</li> <li>100% Fruit 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>Fresh Fruit</li> <li>Frosty Mixed Berries</li> <li>Assorted Milk</li> </ul> |

### Alternative Entree Options

- Yogurt & Granola - Mon, Wed
- Hamburger/Cheeseburger - Tue
- Chicken Sandwich - Wed
- Entree Salad w/ Roll - Mon - Fri
- Hummus Cup, Cheese Stick, Tortilla Chips & Manager's Choice Fresh Vegetable

### Nutrition Bites

Celebrate the season with sweet potatoes, Virginia's harvest of the month! Packed with fiber, vitamins A and C, and a natural hint of sweetness, they're a delicious addition to your plate. Look for these nutrient-packed root veggies at your local farmer's market or store this season!

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