

K-5 Lunch

*Elementary School
Lunch Menu
Fall 2024*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Nov 25	Nov 26	Nov 27	Nov 28	Nov 29
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● RPS Burger ● Potato Wedges ● Pickle, Onion & Lettuce Cup ● Fresh Fruit ● Mandarin Oranges ● Assorted Milk 	<ul style="list-style-type: none"> ● BBQ Chicken w/ Dinner Roll ● Seasoned Green Beans ● Seas. Carrots ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● <i>Thanksgiving Break</i> ● <i>RPS Closed</i> 	<ul style="list-style-type: none"> ● <i>Thanksgiving Day</i> ● <i>RPS Closed</i> 	<ul style="list-style-type: none"> ● <i>Thanksgiving Break</i> ● <i>RPS Closed</i>
<i>Week 2</i>	Dec 2	Dec 3	Dec 4	Dec 5	Dec 6
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> ● Crispy Chicken Sandwich ● Pickle Spears (2) ● Potato Wedges ● Fresh Fruit ● Frosty Peaches ● Assorted Milk 	<ul style="list-style-type: none"> ● Taco Seas. Beef w/ Tortilla Chips ● Ranchero Beans ● Salsa Cup ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Sweet & Sour Chicken Rice Bowl ● Green Beans ● Seasoned Corn ● Fresh Fruit ● Chilled Pears ● Assorted Milk 	<ul style="list-style-type: none"> ● Sea Shapes Fish Nuggets w/ Mac & Cheese ● Seasoned Broccoli ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Garden Salad ● Seasoned Corn ● Fresh Fruit ● Chilled Pineapple ● Assorted Milk
<i>Week 3</i>	Dec 9	Dec 10	Dec 11	Dec 12	Dec 13
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"> ● Mini Mozz Bites ● Marinara Cup ● Green Beans ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Chicken Nuggets w/ Biscuit ● Steamed Broccoli ● Potato Wedges ● Fresh Fruit ● Applesauce Cup ● Assorted Milk 	<ul style="list-style-type: none"> ● Teriyaki Chicken Dumplings (6) ● Seasoned Carrots ● Seasoned Peas ● Local VA Apple ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Big Daddy's Pizza ● Garden Salad ● Seasoned Corn ● Fresh Fruit ● Frosty Mixed Berries ● Assorted Milk

Alternative Daily Entree Option

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

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 Fruit,
and 1 Milk

Menu subject to change due
to item availability

Vegetarian Options
Available Upon Request