

6-8 MS Lunch

*Middle 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 ● Green Beans ● Seasoned 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"> ● Chicken Sandwich Variety ● Pickle, Onion & Lettuce Cup ● Steamed Broccoli ● Fresh Fruit ● Frosty Peaches ● Assorted Milk 	<ul style="list-style-type: none"> ● Beef Nachos ● Taco Fiesta Black Beans ● Salsa Cup ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Spaghetti, Meatballs + Breadstick ● Green Beans ● Baby Carrots ● Fresh Fruit ● Chilled Pears ● Assorted Milk 	<ul style="list-style-type: none"> ● Sea Shapes Fish Nuggets w/ Mac & Cheese ● 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 ● 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"> ● Thai Chili Chicken & Rice Bowl ● Stir-fry Vegetables ● Baby Carrots ● Fresh Fruit ● Mandarin Oranges ● Assorted Milk 	<ul style="list-style-type: none"> ● Spicy Mozz Bites ● Marinara Cup ● Green Beans ● Fresh Fruit ● 100% Fruit Juice ● Assorted Milk 	<ul style="list-style-type: none"> ● Chicken Tenders & Waffles ● Mixed Veggies ● Potato Wedges ● Fresh Fruit ● Applesauce Cup ● Assorted Milk 	<ul style="list-style-type: none"> ● Philly Cheese Steak ● RF Doritos ● Pickle Spears (2) ● Baked Beans ● Fresh Fruit ● 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 Entree Options

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