

9-12 HS Lunch

High School Lunch Menu Winter 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Jan 27	Jan 28	Jan 29	Jan 30	Jan 31
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> • Teriyaki Chicken Dumplings (6) • Seasoned Broccoli • Vegetable Stir-fry • Fresh Fruit • 100% Fruit Juice • Assorted Milk 	<ul style="list-style-type: none"> • Roasted Chicken w/ Dinner Roll • Seasoned Green Beans • Mashed Potatoes • Fresh Fruit • 100% Fruit Juice • Assorted Milk 	<ul style="list-style-type: none"> • Corn Dog • Baked Beans • Seasoned Carrots • Fresh Fruit • Applesauce Cup • Assorted Milk 	<ul style="list-style-type: none"> • RPS Burger • French Fries • Pickle, Tomato & Lettuce Cup • Fresh Fruit • Mandarin Oranges • Assorted Milk 	<ul style="list-style-type: none"> • Big Daddy's Pizza • Garden Salad • Seasoned Corn • Fresh Fruit • Tropical Fruit • Assorted Milk
<i>Week 2</i>	Feb 3	Feb 4	Feb 5	Feb 6	Feb 7
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> • Spicy Chicken Sandwich • Pickle, Onion & Lettuce Cup • Seasoned Broccoli • Fresh Fruit • Chilled Peaches • Assorted Milk 	<ul style="list-style-type: none"> • Queso Blanco Beef Nachos • Ranchero Beans • Salsa Cup • Fresh Fruit • 100% Fruit Juice • Assorted Milk 	<ul style="list-style-type: none"> • Spaghetti w/ Meatballs & Breadstick • Green Beans • Seasoned Corn • Fresh Fruit • Chilled Pears • Assorted Milk 	<ul style="list-style-type: none"> • Super Bowl Saucy Chicken Wings w/ Dinner Roll • Mixed Vegetables • Potato Wedges • Fresh Fruit • 100% Fruit Juice • Assorted Milk 	<ul style="list-style-type: none"> • Big Daddy's Pizza • Garden Salad • Seasoned Carrots • Fresh Fruit • Chilled Pineapple • Assorted Milk
<i>Week 3</i>	Feb 10	Feb 11	Feb 12	Feb 13	Feb 14
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> • Hot Honey Sloppy Joe • Baked Beans • French Fries • Fresh Fruit • Mandarin Oranges • Assorted Milk 	<ul style="list-style-type: none"> • Popcorn Chicken w/Dinner Roll • Sweet Potatoes • Collard Greens • Fresh Fruit • 100% Juice • Assorted Milk 	<ul style="list-style-type: none"> • Spicy Mozz Bites • Marinara Cup • Green Beans • Fresh Fruit • Applesauce Cups • Assorted Milk 	<ul style="list-style-type: none"> • BBQ Chicken Drumstick w/ Corn Muffin (2) • Mixed Vegetables • Vegetarian Beans • Fresh Fruit • 100% Fruit Juice • Assorted Milk 	<ul style="list-style-type: none"> • Big Daddy's Pizza • Garden Salad • Seasoned Corn • Fresh Fruit • Mixed Fruit • Assorted Milk

Alternative Entree Options

- Yogurt & Granola - Mon, Wed
- Hamburger/Cheeseburger - Tue
- Chicken Sandwich - Wed
- Entree Salad w/ Roll - Mon - Fri
- Starting Oct. 7, M-F: Hummus Cup w/ Tortilla Chips & Manager's Choice Fresh Vegetable

Nutrition Bites

February's *Nutrition Bites*: Celebrate the Virginia harvest of the month—butternut squash! This vibrant vegetable is rich in vitamins A and C, fiber, and potassium, making it a heart-healthy choice. Roast it, mash it, or add it to soups and pasta dishes at home for a delicious and nutritious meal your family will enjoy!

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