

# K-5 Lunch

*Elementary School  
Lunch Menu  
Winter 2025*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Jan 27	Jan 28	Jan 29	Jan 30	Jan 31
<b>Entree</b> (Choose 1) <b>Vegetables</b> (Choose 1-2) <b>Fruit</b> (Choose 1) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>● Popcorn Chicken</li> <li>● Mixed Vegetables</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>● Roasted Chicken w/ Dinner Roll</li> <li>● Seasoned Green Beans</li> <li>● Seas. Carrots</li> <li>● Fresh Fruit</li> <li>● 100% Fruit Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Corn Dog</li> <li>● Baked Beans</li> <li>● Seasoned Broccoli</li> <li>● Fresh Fruit</li> <li>● Applesauce Cup</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● RPS Burger</li> <li>● Wedges or Fries</li> <li>● Pickle, Tomato &amp; Lettuce Cup</li> <li>● Fresh Fruit</li> <li>● Mandarin Oranges</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 Berry Cup</li> <li>● Assorted Milk</li> </ul>
<i>Week 2</i>	Feb 3	Feb 4	Feb 5	Feb 6	Feb 7
<b>Entree</b> (Choose 1) <b>Vegetables</b> (Choose 1-2) <b>Fruit</b> (Choose 1) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>● Crispy Chicken Sandwich</li> <li>● Pickle Spears (2)</li> <li>● Seasoned Carrots</li> <li>● Fresh Fruit</li> <li>● Chilled Peaches</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Queso Blanco Beef Nachos</li> <li>● Ranchero 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>● Spaghetti w/ Meatballs + Breadstick</li> <li>● Green Beans</li> <li>● Seasoned Corn</li> <li>● Fresh Fruit</li> <li>● Chilled Pears</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Super Bowl Saucy Chicken Wings w/Mac + Cheese</li> <li>● Potato Wedges</li> <li>● Seasoned Broccoli</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 Corn</li> <li>● Fresh Fruit</li> <li>● Chilled Pineapple</li> <li>● Assorted Milk</li> </ul>
<i>Week 3</i>	Feb 10	Feb 11	Feb 12	Feb 13	Feb 14
<b>Entree</b> (Choose 1) <b>Vegetables</b> (Choose 1-2) <b>Fruit</b> (Choose 1) <b>Milk</b> (Choose 1)	<ul style="list-style-type: none"> <li>● Hot Dog</li> <li>● Baked Beans</li> <li>● Steamed Broccoli</li> <li>● Fresh Fruit</li> <li>● Mandarin Oranges</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Mini Mozz Bites</li> <li>● Marinara Cup</li> <li>● Green Beans</li> <li>● Fresh Fruit</li> <li>● 100% Fruit Juice</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Chicken Nuggets w/ Eggo Waffles</li> <li>● Seasoned Peas</li> <li>● Hashbrown</li> <li>● Fresh Fruit</li> <li>● Applesauce Cup</li> <li>● Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>● Teriyaki Chicken Dumplings (6)</li> <li>● Baby Carrots</li> <li>● Stir Fry Vegetables</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 Corn</li> <li>● Fresh Fruit</li> <li>● Frosty Peach Cup</li> <li>● Assorted Milk</li> </ul>

*Alternative Daily Entree Option*

- Yogurt + Granola - Mon & Wed
- Yogurt w/ Cheese & Crackers - Tue
- Entree Salad w/ Roll - Mon - Fri
- Starting Oct 7, M-F: Hummus Cup w/ Tortilla Chips & Manager's Fresh Vegetable Choice

*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 Fruit,  
and 1 Milk

Menu subject to change due  
to item availability

Vegetarian Options  
Available Upon Request