

**6-8 MS Lunch**

# Middle School Lunch Menu Winter 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Mar 10	Mar 11	Mar 12	Mar 13	Mar 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>Teriyaki Chicken Dumplings (6)</li> <li>Broccoli</li> <li>Vegetable Stir-fry</li> <li>Fresh Fruit</li> <li>Mandarin Oranges</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Sweet Thai Chili Roasted Chicken w/ Steamed Rice</li> <li>Green Beans</li> <li>Seasoned 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>Mixed Vegetables</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>French Fries</li> <li>Pickle, Tomato &amp; Lettuce Cup</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 Mixed Berry Cup</li> <li>Assorted Milk</li> </ul>
<i>Week 2</i>	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21
<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>Pizza Boli Bites</li> <li>Marinara Cup</li> <li>Seasoned Green Beans</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, Meatballs + Breadstick</li> <li>Green Beans</li> <li>Baby Carrots</li> <li>Fresh Fruit</li> <li>Chilled Pears</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Sandwich Variety</li> <li>Pickle, Onion &amp; Lettuce Cup</li> <li>Steamed 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>Broccoli</li> <li>Seasoned Corn</li> <li>Fresh Fruit</li> <li>Chilled Pineapple</li> <li>Assorted Milk</li> </ul>
<i>Week 3</i>	Mar 24	Mar 25	Mar 26	Mar 27	Mar 28
<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>Spicy Mozz Bites</li> <li>Marinara Cup</li> <li>Green Beans</li> <li>Fresh Fruit</li> <li>Mandarin Oranges</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Tenders &amp; Eggo Waffles</li> <li>Mixed Veggies</li> <li>Hash Brown Patty</li> <li>Fresh Fruit</li> <li>100% Fruit Juice</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Hot Honey Coney Dog</li> <li>Broccoli w/ Cheese sauce</li> <li>Seasoned Carrots</li> <li>Fresh Fruit</li> <li>Applesauce Cup</li> <li>Assorted Milk</li> </ul>	<ul style="list-style-type: none"> <li>Crispy Catfish w/ Cornbread or Managers' Choice</li> <li>Creamy Coleslaw</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 Corn</li> <li>Fresh Fruit</li> <li>Mixed Fruit</li> <li>Assorted Milk</li> </ul>

### Alternative Entree Options

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

### Nutrition Bites

March's *Nutrition Bites*: Kale is the Virginia harvest of the month! Packed with vitamins A, C, and K, plus fiber and antioxidants, it's a superfood that supports strong bones and a healthy immune system. Try adding kale to smoothies, salads, or crispy kale chips at home for a tasty, nutritious snack!

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