

9-12 HS Lunch

High School Lunch Menu Winter 2025

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Mar 10	Mar 11	Mar 12	Mar 13	Mar 14
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 Mandarin Oranges Assorted Milk 	<ul style="list-style-type: none"> Sweet Thai Chili Roasted Chicken w/ Steamed Rice Seasoned Green Beans Seasoned Carrots Fresh Fruit 100% Fruit 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"> RPS Burger Potato Wedges Pickle, Tomato & Lettuce Cup Fresh Fruit 100% Fruit Juice 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>	Mar 17	Mar 18	Mar 19	Mar 20	Mar 21
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> Pizza Boli Bites Marinara Cup Seasoned Green Beans 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, Meatballs + Breadstick Green Beans Baby Carrots Fresh Fruit Chilled Pears Assorted Milk 	<ul style="list-style-type: none"> Spicy Chicken Sandwich Pickle, Onion & Lettuce Cup 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>	Mar 24	Mar 25	Mar 26	Mar 27	Mar 28
Entree (Choose 1) Vegetables (Choose 1-2) Fruit (Choose 1) Milk (Choose 1)	<ul style="list-style-type: none"> Crispy Catfish w/ Cornbread or Managers' Choice Coleslaw Potato Wedges Fresh Fruit Chilled Mandarin Oranges 	<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"> Plant Burrito Bowl Salsa Cup Fiesta Black Beans Fresh Fruit Chilled Pineapple Assorted Milk 	<ul style="list-style-type: none"> Hot Honey Sloppy Joe Baked Beans 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 Frosty Mixed Berry Cup 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

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!