

**6-8 MS Lunch**

*Middle School  
Lunch Menu  
Winter 2025*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Week 1</i>	Mar 31	Apr 1	Apr 2	Apr 3	Apr 4
<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>• Spring Break</li> <li>• RPS Closed</li> </ul>	<ul style="list-style-type: none"> <li>• Spring Break</li> <li>• RPS Closed</li> </ul>	<ul style="list-style-type: none"> <li>• Spring Break</li> <li>• RPS Closed</li> </ul>	<ul style="list-style-type: none"> <li>• Spring Break</li> <li>• RPS Closed</li> </ul>	<ul style="list-style-type: none"> <li>• Spring Break</li> <li>• RPS Closed</li> </ul>
<i>Week 2</i>	Apr 7	Apr 8	Apr 9	Apr 10	Apr 11
<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>	Apr 14	Apr 15	Apr 16	Apr 17	Apr 18
<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 + Cheese stick w/ Tortilla Chips & Manager's Choice Fresh Vegetable

*Nutrition Bites*

April's *Nutrition Bites*: Lettuce is the Virginia harvest of the month! This crunchy green is full of water, fiber, and vitamin K to help keep you hydrated and support healthy bones. Toss it into salads, wraps, or sandwiches at home for a fresh and healthy boost!

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