

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>	Apr 21	Apr 22	Apr 23	Apr 24	Apr 25
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>	Apr 28	Apr 29	Apr 30	May 1	May 2
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>	May 5	May 6	May 7	May 8	May 9
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"> • Burrito Bowl • Salsa Cup • Fiesta Black Beans • Fresh Fruit • Chilled Pineapple • Assorted Milk • Fudge Brownie 	<ul style="list-style-type: none"> • Hot Honey Beef Sandwich • 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
- M-F: Hummus Cup w/ Tortilla Chips & Manager's Choice Fresh Vegetable

Nutrition Bites

May's *Nutrition Bites*: Sweet and juicy strawberries are the Virginia harvest of the month! They're packed with vitamin C, fiber, and antioxidants that help keep your heart healthy and your immune system strong. Enjoy them fresh, blended into smoothies, or sliced over yogurt for a tasty treat at home!