# Middle School <br> Lunch Menu March 2024 

Rice Lake School District

Look for New Menu Items Throughout the Year!!
The Food Service Tab on our School Website will be updated if changes occur to the menu.

Complete Your Lunch with Ice Cold Assorted Milk
(1\% White or FF Chocolate)

## Offer vs Serve Meal Pattern:

Students are offered 5 Food Components: Meat/Meat Alt, Grain (Whole Grain Rich), Fruit, Vegetables, and Milk
*Asked to Choose at least 3 Full
Components, one of which must be $\mathbf{1 / 2}$ cup fruit or vegetable, encouraged to choose all items*

Lunch Options

| Monday | Tuesday | Wednesday | Thursday | Friday | 3 Entrees offered daily, same options on both Lunch Lines. <br> Options may vary depending on availability and student count. |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  | Mozzarella Dippers w/Sauce General Tso Chicken w/Rice Sub Sandwich Sides: Broccoli Diced Pears |  |
| Popcorn Chicken Burrito w/Cheese Sauce Sub Sandwich | Hamburger on a Bun 5 Cheesy Garlic French Bread Uncrustable/String Cheese | Fish Sticks <br> BBQ Pulled Pork on a Bun Sub Sandwich | Italian Dunkers Quesadilla Uncrustable/String Cheese | Pizza <br> Mandarin Chicken w/Rice <br> Sub Sandwich |  |
| Sides: <br> Corn <br> Diced Peaches | Sides: <br> Potato Smiles <br> Fresh Fruit | Sides: Cheez Its Baked Beans/Strawberries | Sides: <br> Green Beans Apple Juice | Sides: <br> Broccoli <br> Applesauce |  |
| Spring Break No School | Spring Break No School | Spring Break No School | $14$ <br> Spring Break No School | $15$ <br> Spring Break No School | A Variety of Fresh Veggies are offered daily with the lunch meal. |
| Chicken Nuggets Quesadilla Sub Sandwich Sides: Rice a Roni/Mixed Veggies Fresh Fruit | Soft Shell Tacos <br> Buffalo Chicken Bites Uncrustable/String Cheese Sides: <br> Corn <br> Diced Pears | Mini Corn Dogs 20 Chicken Alfredo w/Brdstick Sub Sandwich Sides: Baked Beans Mixed Fruit | Pancakes/Sausage <br> Brd Chicken Patty on Bun Uncrustable/String Cheese Sides: <br> Tator Tots Orange Juice | Cheesy Breadsticks: <br> Sweet \& Sour Chicken w/Rice Sub Sandwich Sides: <br> Broccoli Applesauce | ~Daily Choice of Fresh and/or Canned Fruit~ |
| Cheeseburger on a Bun Quesadilla <br> Sub Sandwich <br> Sides: <br> Potato Wedges Fresh Fruit | Chicken Tenders <br> BBQ Pulled Pork on a Bun Uncrustable/String Cheese Sides: <br> Harvest Cheddar Sun Chips Baked Beans/Strawberries | Breaded Chicken Drumstick AuGratin Potatoes Peas Dinner Roll Apple Juice Dessert | Cheesy Garlic French Bread* Mandarin Chicken w/Rice Uncrustable/String Cheese <br> Sides: <br> Broccoli/Red Sauce* Diced Peaches | 29 Vacation Day No School | Lunch Prices: <br> High School \$2.95 Middle School \$2.80 Elementary \$2.65 |
| Menus are subject to change due to food availablity |  |  |  | This institution is an equal opportunity provider. |  |

