



Elementary Lunch Menu February 2020

Rice Lake School District

February is National Grapefruit Month!

Grapefruits are grown in countries throughout the world. However, the United States is the world's number one producer. Tangelos are a cross between a tangerine and a grapefruit. Tangelos are a sweet and juicy fruit primarily grown in Florida. Try a Tangelo with your lunch on February 10th!!



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 1/2 cup fruit or vegetable, encouraged to

Complete Your Lunch with Ice Cold Assorted Milk (Skim, 1%, or FF Chocolate)

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets Rice a Roni Broccoli/Baby Carrots Fresh Fruit Homemade Dinner Roll Nugget Dip/Smart Balance	4 Macaroni and Cheese Garlic Breadstick Green Beans Baby Carrots Strawberries	5 Mini Corn Dogs Goldfish Pretzels Baked Beans Celery Sticks Applesauce Ketchup/Mustard	6 Chicken Drumstick Whipped Potatoes/Gravy Peas Diced Pears Homemade Dinner Roll Smart Balance	7 Cheesy French Bread Red Sauce Lettuce Baby Carrots Fresh Fruit Light Ranch
10 Loaded Nachos Corn Lettuce Diced Tomatoes Tangelo Salsa/Sour Cream	11 Hamburger on a Homemade Bun Potato Smiles Lettuce/Tomatoes/Pickles Fresh Fruit Ketchup/Mustard	12 Hot Dog on a Bun Goldfish Crackers Baked Beans Baby Carrots Mixed Fruit Ketchup/Mustard	13 Breaded Chicken Patty on a Homemade Bun Broccoli Fresh Sliced Red Peppers Warm Cinn Apple Slices Mayo/Light Ranch	14 Mozzarella Dippers Red Sauce Cooked Carrots/Celery Sticks Diced Peaches Light Ranch Homemade Sugar Cookie
17 Teacher In Service No School	18 Popcorn Chicken Baked Beans Celery Sticks Diced Peaches Homemade Dinner Roll Ketchup/Ranch/Smart Balance	19 Ravioli in Red Sauce Warm Garlic Breadstick Green Beans Baby Carrots Fresh Fruit Light Ranch	20 Pancakes Sausage Patty Tri Tators Baby Carrots Orange Juice Syrup/Ketchup	21 Pizza Broccoli Baby Carrots Fresh Fruit Homemade Dinner Roll Light Ranch/Smart Balance
24 Cheeseburger on a Homemade Bun Potato Wedges Lettuce/Tomatoes/Pickles Fresh Fruit Ketchup/Mustard	25 Walking Taco Corn Lettuce Diced Tomatoes Fresh Fruit Salsa/Sour Cream	26 Chicken Alfredo over Pasta Peas/Fresh Broccoli Florets Diced Pears Homemade Dinner Roll Light Ranch/Smart Balance	National Strawberry Day! 27 Breaded Chicken Patty on a Homemade Bun Baked Beans Baby Carrots Strawberries Mayo/Light Ranch	28 Cheesy Breadstick Red Sauce Broccoli Applesauce Homemade Dinner Roll Smart Balance



National Strawberry Day is February 27th!



Strawberries are the first fruit to ripen in the spring and have an average of 200 seeds on each strawberry.



Strawberries are grown in every single state in the United States, with California producing 75% of the crop.



Lunch Prices:



High School \$2.95
Middle School \$2.80
Elementary \$2.65
Adult/Guest \$3.85

Menus are subject to change due to food availability

This institution is an equal opportunity provider.