

**High School
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 choose all items

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

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Nuggets Toasted Italian Sub Big Daddy Pizza Sides: Broccoli Fresh Fruit	4 BBQ Pork Patty on a Bun Rodeo Burger Cheesy Garlic French Bread Sides: Green Beans Strawberries	5 Mini Corn Dogs Mac and Cheeseburger Big Daddy Pizza Sides: Harvest Cheddar Sun Chips Baked Beans/Applesauce	6 Chicken Gravy Italian Meatball Sub Big Daddy Pizza Sides: Whipped Potatoes/Peas Diced Pears	7 Spicy Brd Chicken Patty Teriyaki Chicken Big Daddy Pizza Sides: Rice a Roni Fresh Veggies/Fresh Fruit
10 Walking Taco Corn Dog on a Stick Big Daddy Pizza Sides: Corn Tangelo	11 Honey Sriracha Nuggets Bacon Cheeseburger Big Daddy Pizza Sides: BBQ Sidewinders Fresh Fruit	12 **NEW Chili Dog on a Bun Rodeo Burger Cheesy Garlic French Bread Sides: Baked Beans Mixed Fruit	13 Brd Chicken Patty on a Bun Quesadilla Big Daddy Pizza Sides: Broccoli Warm Cinn Apple Slices	14 Mozzarella Dippers Mandarin Orange Chicken Big Daddy Pizza Sides: Rice a Roni/Cooked Carrots Diced Peaches/Sugar Cookie
17 <i>Teacher In Service No School</i>	18 Popcorn Chicken Bowl Italian Meatball Sub Big Daddy Pizza Sides: Corn Diced Peaches	19 Spicy Brd Chicken Patty Chili Fries w/Cheese Sauce Big Daddy Pizza Sides: Baked Beans Fresh Fruit	20 French Toast/Sausage/Yogurt Mini Corn Dogs Big Daddy Pizza Sides: Tri Tators Orange Juice	21 Warrior Burger General Tso Chicken Big Daddy Pizza Sides: Rice a Roni/Broccoli Fresh Fruit
24 Cheeseburger on a Bun Spicy Brd Chicken Patty Big Daddy Pizza Sides: Fresh Veggies Fresh Fruit	25 Walking Taco Italian Brd Chicken Sandwich Cheesy Garlic French Bread Sides: Corn Fruit Fruit	26 Chicken Alfredo Cheeseburger w/Special Sauce Big Daddy Pizza Sides: Peas Diced Pears	27 National Strawberry Day! Loaded Potato Oles Corn Dog on a Stick Big Daddy Pizza Sides: Baked Beans Strawberries	28 Cheesy Breadsticks Mandarin Orange Chicken Big Daddy Pizza Sides: Rice a Roni/Fresh Veggies Applesauce

Salad Bar Options

Monday

Chef Salad Choices
Sub Sandwich w/Chips
*Variety of Toppings
*Cottage Cheese

Tuesday

Chef Salad Choices
Ranch Chicken Wrap w/Chips
*Variety of Toppings
*GoGurt

Wednesday

Chef Salad Choices
Sub Sandwich w/Chips
*Variety of Toppings
*Cottage Cheese

Thursday

Chef Salad Choices
Caesar Chicken Wrap w/Chips
*Variety of Toppings
*GoGurt

Friday

Chef Salad Choices
Sub Sandwich w/Chips
*Variety of Toppings
*Cottage Cheese

~Daily Choice of Fresh Veggies and Fruit~

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

****PB & Jelly Uncrustables offered on the Hot Line as another option on Monday/Wednesday/Friday**

This institution is an equal opportunity provider.