

Middle 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
Chicken Nuggets Italian Meatball Sub <u>Sides:</u> Rice a Roni/Broccoli Baby Carrots/Fresh Fruit Homemade Dinner Roll	BBQ Pork Patty on a Bun Hot Dog on a Bun <u>Sides:</u> Macaroni and Cheese Green Beans/Baby Carrots Strawberries	Mini Corn Dogs Pizza <u>Sides:</u> Goldfish Pretzels Baked Beans Celery/Applesauce	Chicken Drumstick Hamburger on a Bun <u>Sides:</u> Whipped Potatoes/Gravy Peas/Sliced Red Peppers Dinner Roll/Diced Pears	Cheesy French Bread Sweet & Sour Chicken* <u>Sides:</u> Rice a Roni* Lettuce/Sliced Cucumbers Fresh Fruit
Loaded Nachos Corn Dog on a Stick <u>Sides:</u> Corn Lettuce/Diced Tomatoes Tangelo	Hamburger on a Bun Quesadilla <u>Sides:</u> Potato Smiles Lettuce/Tomatoes/Pickles Fresh Fruit	Hot Dog on a Bun Rodeo Burger <u>Sides:</u> Goldfish Crackers Baked Beans/Baby Carrots Mixed Fruit	Brd Chicken Patty on a Bun Cheesy French Bread <u>Sides:</u> Broccoli Fresh Sliced Red Peppers Warm Cinn Apple Slices	Mozzarella Dippers w/Sauce Warrior Burger <u>Sides:</u> Cooked Carrots/Celery Sticks Diced Peaches Homemade Sugar Cookie
Teacher In Service No School	Popcorn Chicken Italian Meatball Sub <u>Sides:</u> Baked Beans/Celery Sticks Diced Peaches Homemade Dinner Roll	Ravioli in Red Sauce Cheesy French Bread <u>Sides:</u> Garlic Breadstick Green Beans/Baby Carrots Fresh Fruit	Pancakes w/Sausage Patty Brat on a Bun <u>Sides:</u> Tri Tators Baby Carrots Orange Juice	Pizza Mandarin Orange Chicken* <u>Sides:</u> Rice a Roni* Broccoli/Baby Carrots Dinner Roll/Fresh Fruit
Cheeseburger on a Bun Hot Dog on a Bun <u>Sides:</u> Potato Wedges Lettuce/Tomatoes/Pickles Fresh Fruit	Walking Taco Pizza <u>Sides:</u> Corn Lettuce/Diced Tomatoes Fresh Fruit	Chicken Alfredo Hamburger on a Bun <u>Sides:</u> Peas Fresh Broccoli Florets Dinner Roll/Diced Pears	National Strawberry Day! 27 Brd Chicken Patty on a Bun Mini Corn Dogs <u>Sides:</u> Baked Beans Baby Carrots Strawberries	Cheesy Breadsticks* Spicy Brd Chicken on a Bun <u>Sides:</u> Red Sauce* Broccoli Applesauce

2nd Line Options

Monday
Deli or PBJ Sandwich
Chef Salad
*Assorted Crackers

Tuesday
Deli or PBJ Sandwich
Chef Salad
*String Cheese

Wednesday
Deli or PBJ Sandwich
Chef Salad
*GoGurt

Thursday
Deli or PBJ Sandwich
Chef Salad
*String Cheese

Friday
Deli or PBJ Sandwich
Chef Salad
*Assorted Crackers

~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

This institution is an equal opportunity provider.