

Lunch Menu RT, FV Middle Schools Sy 2019-20

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees	Entrees
Cheese Pizza Pepperoni Pizza Variety pizza Buffalo Chicken Pizza Rippers	Cheese Pizza Pepperoni Pizza Variety pizza Buffalo Chicken Pizza Rippers	Cheese Pizza Pepperoni Pizza Variety pizza Buffalo Chicken Pizza Rippers	Cheese Pizza Pepperoni Pizza Variety pizza Buffalo Chicken Pizza Rippers	Cheese Pizza Pepperoni Pizza Variety pizza Buffalo Chicken Pizza Rippers
Cheese Burger Chicken Burger	Cheese Burger Mini Corn Dogs	Chicken Burger Turkey & Cheese Sandwich Ham & Cheese Sandwich	Cheese Burger Buffalo Chicken Nugget w Tator Tots	Chicken Burger Fishwich w/ Tator tots
Cheese Stick w/ Dipping Sauce & Tator Tots	Breaded Chicken Drum Stick w/mashed potatoes & gravy	Enchilida	WG Pasta w/ meat balls, sauce	Teriyaki Chicken w/ Rice
Grab n go	Grab n go	Grab n go	Grab n go	Grab n go
Whole Grain Dinner Rolls (offered with every entrée)	Whole Grain Dinner Rolls (offered with every entrée)	Whole Grain Dinner Rolls (offered with every entrée)	Whole Grain Dinner Rolls (offered with every entrée)	Whole Grain Dinner Rolls (offered with every entrée)
Fruits	Fruits	Fruits	Fruits	Fruits
Apple Juice Oranges Diced Pears	Apple Juice Apples Diced Peaches	Apple Juice Bananna Strawberry Applesauce cup	Apple Juice Orange Mixed Fruit	Apple Juice Apples Strawberry cup
Vegetables	Vegetables	Vegetables	Vegetables	Vegetables
Tossed Salad Carrots Pkg Broccoli Gobanzo (flavored chick peas)	Romaine Salad Corn Gobanzo (flavored chick peas)	Tossed Salad Carrots Pkg Edamame Gobanzo (flavored chick peas)	Romaine Salad Green Peas Gobanzo (flavored chick peas)	Tossed Salad Carrots Pkg Gobanzo (flavored chick peas)
Milk	Milk	Milk	Milk	Milk
1% Plain	1% Plain	1% Plain	1% Plain	1% Plain
FF Choc	FF Choc	FF Choc	FF Choc	FF Choc

Lunch Menu RT, FV Middle Schools Sy 2019-20

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Entrees	Entrees	Entrees	Entrees	Entrees
Cheese Pizza Pepperoni Pizza Variety pizza Buffalo Chicken Pizza Rippers	Cheese Pizza Pepperoni Pizza Variety pizza Buffalo Chicken Pizza Rippers	Cheese Pizza Pepperoni Pizza Variety pizza Buffalo Chicken Pizza Rippers	Cheese Pizza Pepperoni Pizza Variety pizza Buffalo Chicken Pizza Rippers	Cheese Pizza Pepperoni Pizza Variety pizza Buffalo Chicken Pizza Rippers
Chicken Burger Turkey & Cheese Sandwich Ham & Cheese Sandwich	Cheese Burger Buffalo Chicken Nugget w Tator Tots Popcorn Chicken	Turkey & Cheese Sandwich Ham & Cheese Sandwich	Chicken Burger Mini Corn Dogs Popcorn Chicken	Cheese Burger Fishwich w/ Tator Tots
Sweet & Sour Chicken w Rice	Grilled Cheese w/ Tomato Soup	Nachos	Edamame Kung Pao Chicken w/ Rice	Chicken Fajita w/ refried beans
Grab n go	Grab n go	Grab n go	Grab n go	Grab n go
Whole Grain Dinner Rolls (offered with every entrée)	Whole Grain Dinner Rolls (offered with every entrée)	Whole Grain Dinner Rolls (offered with every entrée)	Whole Grain Dinner Rolls (offered with every entrée)	Whole Grain Dinner Rolls (offered with every entrée)
<i>Fruits</i>	<i>Fruits</i>	<i>Fruits</i>	<i>Fruits</i>	<i>Fruits</i>
Apple Juice Oranges Diced Pears	Apple Juice Apples Diced Peaches	Apple Juice Bananna Strawberry Applesauce cup	Apple Juice Orange Mixed Fruit	Apple Juice Apples Strawberry cup
<i>Vegetables</i>	<i>Vegetables</i>	<i>Vegetables</i>	<i>Vegetables</i>	<i>Vegetables</i>
Tossed Salad Carrots Pkg Broccoli Gobanzo (flavored chick peas)	Romaine Salad Corn Gobanzo (flavored chick peas)	Tossed Salad Carrots Pkg Edamame Gobanzo (flavored chick peas)	Romaine Salad Green Peas Gobanzo (flavored chick peas)	Tossed Salad Carrots Pkg Gobanzo (flavored chick peas)
Milk	Milk	Milk	Milk	Milk
1% Plain	1% Plain	1% Plain	1% Plain	1% Plain
FF Choc	FF Choc	FF Choc	FF Choc	FF Choc