

Elementary Lunch Menu October 2018

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 (Skim, 1%, 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 1/2 cup fruit or vegetable, encouraged to choose all items

Monday	Tuesday	Wednesday	Thursday	Friday
1 No School Teacher In Service	2 Chicken Nuggets Rice a Roni Broccoli Baby Carrots Fresh Fruit Nugget Dip	3 Mini Corn Dogs Giant Goldfish Crackers Fresh Cucumber Slices Baked Beans Applesauce Ketchup/Mustard	4 Chicken Gravy over Mashed Potatoes Peas Fresh Fruit Homemade Dinner Roll Smart Balance	5 Pizza Cooked Carrots Lettuce Salad Celery Sticks Diced Peaches Ranch Dressing
8 Loaded Nachos Corn Lettuce/Diced Tomatoes Homemade Dinner Roll Fresh Fruit Salsa/Sour Cream/Smart Balance	9 Hamburger on a Homemade Bun Potato Smiles Lettuce/Tomatoes/Pickles Fresh Fruit Ketchup/Mustard	10 Hot Dog on a Bun Goldfish Crackers Baked Beans Baby Carrots Mixed Fruit Ketchup/Mustard	11 Breaded Chicken Patty on a Homemade Bun Broccoli Fresh Cucumber Slices Warm Cinnamon Apple Slices Mayo	12 Mozzarella Dippers Red Sauce Celery Sticks Cooked Carrots Diced Pears Ranch Dressing
15 Popcorn Chicken Corn Baby Carrots Fresh Fruit Homemade Dinner Roll Ketchup/Smart Balance	16 Spaghetti and Meatballs Warm Garlic Breadstick Broccoli Diced Peaches Parmesan Cheese	17 Shredded BBQ Pork on a Homemade Bun Seasoned Potato Cubes Baked Beans Coleslaw Fresh Fruit	18 Pancakes Sausage Patty Tri Tators Baby Carrots Orange Juice Syrup/Ketchup	19 No School Teacher In Service
22 Cheesy Breadstick Red Sauce Broccoli Homemade Dinner Roll Mixed Fruit Smart Balance	23 Walking Taco Cooked Carrots Lettuce Diced Tomatoes Fresh Fruit Salsa/Sour Cream	24 Breaded Chicken Patty on a Homemade Bun Cheez It Crackers Baked Beans Warm Cinnamon Apples Ketchup/Mayo	25 Chicken Alfredo over Pasta Peas Fresh Red Peppers Homemade Dinner Roll Diced Pears	26 Cheeseburger on a Homemade Bun Potato Wedges Lettuce/Tomatoes/Pickles Fresh Fruit Ketchup/Mustard
29 Chicken Nuggets Rice a Roni Broccoli Baby Carrots Fresh Fruit Nugget Dip	30 Macaroni and Cheese Warm Garlic Breadstick Green Beans Baby Carrots Fresh Fruit Ranch Dressing	31 Mini Corn Dogs Harvest Cheddar Sun Chips Baked Beans/Celery Sticks Applesauce Sugar Cookie Ketchup/Mustard	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.