



# Middle School Lunch Menu February 2019

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\*

## 1st Line Options

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>February is National Grapefruit Month!</b></p> <p>Grapefruits are grown in countries throughout the world. However, the United States is the world's number one producer.</p> <p>Tangelos are a cross between a tangerine and a grapefruit. Tangelos are a sweet and juicy fruit primarily grown in Florida.</p> <p><b>Try a Tangelo with your lunch on February 11th!!</b></p>				
4	5	6	7	8
<b>Loaded Nachos</b> <b>Corn Dog on a Stick</b> <u>Sides:</u> Corn Lettuce/Tomatoes Fresh Fruit	<b>Hamburger on a Bun</b> <b>Hot Ham/Ch on a Bun</b> <u>Sides:</u> Potato Smiles Lettuce/Tomatoes/Pickles Fresh Fruit	<b>Hot Dog on a Bun</b> <b>Pizza</b> <u>Sides:</u> Goldfish Crackers Baked Beans/Baby Carrots Mixed Fruit	<b>Brd Chicken Patty on a Bun</b> <b>Scalloped Potatoes/Ham</b> <u>Sides:</u> Broccoli Fresh Red Peppers Warm Cinnamon Apples	<b>BBQ Shredded Pork on a Bun</b> <b>Hot Dog on a Bun</b> <u>Sides:</u> <b>Macaroni and Cheese</b> Green Beans/Coleslaw Fresh Fruit
11	12	13	14	15
<b>Popcorn Chicken</b> <b>Italian Meatball Sub</b> <u>Sides:</u> Corn/Baby Carrots Homemade Dinner Roll <b>Tangelo and Apples</b>	<b>Lasagna Roll</b> <b>Quesadilla</b> <u>Sides:</u> Warm Garlic Breadstick Broccoli Applesauce	<b>BBQ Shredded Pork on a Bun</b> <b>Cheeseburger on a Bun</b> <u>Sides:</u> Cheez It Crackers Baked Beans/Coleslaw Fruit/ <b>Homemade Cookie</b>	<b>Pancakes w/Sausage</b> <b>Brat on a Bun</b> <u>Sides:</u> Tator Tots/Orange Juice <b>Strawberry Milk will be offered as an option w/other milk today</b>	<b>Mozzarella Dippers*</b> <b>Warrior Burger</b> <u>Sides:</u> Red Sauce* Cooked Carrots/Celery Diced Pears
18	19	20	21	22
<b>Cheesy Garlic French Bread*</b> <b>Spicy Brd Chicken Patty Sand</b> <u>Sides:</u> Red Sauce* Broccoli/Celery Sticks Mixed Fruit	<b>Walking Taco</b> <b>Mini Corn Dogs</b> <u>Sides:</u> Corn Lettuce/Tomatoes Fresh Fruit	<b>Brd Chicken Patty on a Bun</b> <b>Cheeseburger on a Bun</b> <u>Sides:</u> Seasoned Potato Cubes Baked Beans/Baby Carrots Diced Peaches	<b>Chicken Alfredo</b> <b>Pizza</b> <u>Sides:</u> Peas/Fresh Broccoli Florets Homemade Dinner Roll Diced Pears	<b><i>National Sweet Potato Day!</i></b> <b>Cheeseburger on a Bun</b> <b>Hot Ham and Cheese Melt</b> <u>Sides:</u> <b>Mix of Regular and Sweet Potato Wedges</b> Fresh Veggies/Fresh Fruit
25	26	27	28	
<b>Chicken Nuggets</b> <b>Italian Meatball Sub</b> <u>Sides:</u> Rice a Roni Broccoli/Baby Carrots Fresh Fruit	<b>Cheesy Breadstick*</b> <b>Spicy Brd Chicken Patty Sand</b> <u>Sides:</u> Red Sauce* Green Beans/Celery Sticks Mixed Fruit	<b>Mini Corn Dogs</b> <b>Rodeo Burger</b> <u>Sides:</u> Goldfish Pretzels Baked Beans/Baby Carrots Applesauce	<b>Chicken Drumstick</b> <b>Popcorn Chicken Bowl</b> <u>Sides:</u> Whipped Potatoes/Gravy Corn/Sliced Cucumbers Dinner Roll/Fresh Fruit	

## 2nd Line Options

- Monday**  
 Deli or PBJ Sandwich  
 Hamburger on a Bun  
 Chef Salad  
 \*Assorted Crackers
- Tuesday**  
 Deli or PBJ Sandwich  
 Grilled Chicken on a Bun  
 Chef Salad  
 \*String Cheese
- Wednesday**  
 Deli or PBJ Sandwich  
 Hot Ham/Ch on Pretzel Roll  
 Chef Salad  
 \*GoGurt
- Thursday**  
 Deli or PBJ Sandwich  
 Hamburger on a Bun  
 Chef Salad  
 \*String Cheese
- Friday**  
 Deli or PBJ Sandwich  
 Hot Dog on a Bun  
 Chef Salad  
 \*Assorted Crackers

~Daily Choice of Fresh Veggies and Fruit~



### 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.

