



2019



RULH ELEMENTARY SCHOOL Lunch

MENU SUBJECT TO CHANGE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SNACKS: We offer a variety of a la carte SMART snack items in our cafeteria.</p>		<p>1 Beef Ravioli Breadstick Green Beans Veggie Tray (Celery, Carrots, Broccoli) Lite Ranch Choice of Fruit Milk Choice</p>	<p>2 Cheese Pizza Quesadilla Wedge Mixed Vegetables Romaine Salad/w/ Grape Tomatoes & Cucumbers Lite Ranch Choice of Fruit Milk Choice</p>	<p>3 Nachos (Beef, Cheese, Tortilla Chips) Black Beans Veggie Tray (Celery, Carrots, Broccoli) Lite Ranch Animal Crackers Choice of Fruit Milk Choice</p>
<p>6 Turkey & Cheese Sandwich 2 Condiment Sweet Potato Fries Veggie Tray (Celery & Carrots) Lite Ranch Choice of Fruit Milk Choice</p>	<p>7 Chicken Nuggets Dipping Sauce Tri Tatars 1 Condiments Romaine Salad/w/ Grape Tomatoes & Cucumbers Lite Ranch Choice of Fruit Milk Choice</p>	<p>8 Hot Dog Bun Baked Beans 1 Condiment Veggie Tray (Celery & Carrots) Lite Ranch Baked Doritos Choice of Fruit Milk Choice</p>	<p>9 Salisbury Steak & Gravy Mashed Potatoes 1 Pan Roll Romaine Salad/w/ Grape Tomatoes & Cucumbers Lite Ranch Choice of Fruit Milk Choice</p>	<p>10 Pizza Crunchers Green Beans Veggie Tray (Celery & Carrots) Lite Ranch Animal Crackers Choice of Fruit Milk Choice</p>
<p>13 Hamburger Bun 1 Condiment Packet Baked Beans Veggie Tray (Celery & Carrots) Lite Ranch Choice of Fruit Milk Choice</p>	<p>14 Spaghetti & Meatballs Breadstick Green Beans Romaine Salad/w/ Grape Tomatoes & Cucumbers Lite Ranch Choice of Fruit Milk Choice</p>	<p>15 Sloppy Joe Bun Oven Fries 1 Condiment Packet Veggie Tray (Celery & Carrots) Lite Ranch Choice of Fruit Milk Choice</p>	<p>16 Cheese Pizza Sweet Potato Wedges 1 Condiment Packet Romaine Salad/w/ Grape Tomatoes & Cucumbers Choice of Fruit Milk Choice</p>	<p>17 Chicken Strips Dipping Sauce Broccoli & Cheese Veggie Tray (Celery & Carrots) Lite Ranch Choice of Fruit Milk Choice</p>
<p>20 Cook's Choice Meat Cook's Choice Grain (2) 2 Condiments Baked Beans Baby Carrots Choice of Fruit Milk Choice</p>	<p>21 Cook's Choice Meat Cook's Choice Grain (2) 2 Condiments Oven Fries Cucumber Slices/Lite Ranch Choice of Fruit Milk Choice</p>	<p>22 Cook's Choice Meat Cook's Choice Grain (2) 2 Condiments Sweet Potato Fries Side Salad w/ Light Ranch Choice of Fruit Milk Choice</p>	<p>23 Cook's Choice Meat Cook's Choice Grain (2) 2 Condiments Green Beans Steam Corn Choice of fruit Milk Choice</p>	<p>24 Staff Inservice Schools Out For Summer!</p>
<p>27 </p>	<p>28 SUMMER BREAK</p>	<p>29 SUMMER BREAK</p>	<p>30 SUMMER BREAK</p>	<p>31 SUMMER BREAK</p>



SECOND ENTRÉE OPTIONS: Peanut Butter & Jelly on Bread or Cheese on Bun (served with menu of the day sides)
Entrée Only \$2.25 as a Meal \$2.85 – Students

All a Carte Items Sold Separately
A la carte SMART snack items Chips \$.75
Wednesdays & Friday's : Smart Snack Ice Cream \$1.00

Condiment Choices: Ketchup, Mustard, Lite Dressing, Lite Mayo, Hot Sauce, BBQ Sauce, LS Soy Sauce
***All Grain products are WR rich.

MEAL PRICING

Lunch Full Price-Student	\$2.85
Lunch Full Price-Adult	\$3.50
Reduced Lunch Price	\$0.40
Milk/Juice Only	\$0.50

Equal Opportunity: This institution is an equal opportunity provider.