



2019

MENU SUBJECT TO CHANGE



RULH HIGH SCHOOL Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SNACKS: We offer a variety of a la carte SMART snack items in our cafeteria.</p>				
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

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

Parents: Did you know?
 The National School Lunch Program
 Today's school lunches meet strict nutrition standards, including limits on calories, sodium and unhealthy fats.

30 million students enjoy healthy lunches every school day.

3/4 cup of vegetables with every lunch.
 1 cup of 1% or fat-free milk.
 1/2 cup of fruit daily.
 Ketchup must include white granules & less preservatives.

Read School Meal Success Stories
www.TrayTalk.org

SECOND ENTRÉE OPTIONS: Pizza, Peanut Butter & Jelly on Bread or Cheese on Bun (served with menu of the day sides) **Entrée Only \$2.25 Meal \$2.90 – Students**

Grab and Go Meal: Chipped Turkey/ Cheese or Ham/Cheese on Ciabatta Roll, Doritos, fruit and veggie bar (last week baby carrots) **\$2.90 Students (not sold separately) \$3.50 Adult**

Veggie/Salad Bar Only: \$2.90 Students \$Adult Salad will be weighed for pricing. (protein side & 2 oz. grain will be added when purchased as a meal)

NO SALAD BAR LAST WEEK OF SCHOOL

MEAL PRICING

Lunch Full Price-Student	\$2.90
Lunch Full Price-Adult	\$3.50
Adult Salad Bar	Pricing by Weight
Reduced Lunch Price	\$0.40
Milk/Juice Only	\$0.50
Adult/Visitor	\$3.50/\$3.50

Equal Opportunity: This institution is an equal opportunity provider.