



**2019**

**MENU SUBJECT TO CHANGE**



# RULH MIDDLE SCHOOL Lunch

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>SNACKS:</b> We offer a variety of a la carte SMART snack items in our cafeteria.</p>		<p>1 Beef Ravioli Breadstick Green Beans Veggie-Salad Bar/Lite Ranch Choice of Fruit Milk Choice</p>	<p>2 Cheese Pizza Quesadilla Wedge Mixed Vegetables Veggie-Salad Bar/Lite Ranch Choice of Fruit Milk Choice</p>	<p>3 Nachos (Beef, Cheese, Tortilla Chips) Black Beans Salsa Veggie-Salad Bar/Lite Ranch Animal Crackers Choice of Fruit Milk Choice</p>
<p>6 Grilled Ham &amp; Cheese Sandwich 2 Condiment Sweet Potato Fries Veggie-Salad Bar/Lite Ranch Choice of Fruit Milk Choice</p>	<p>7 Crispy Chicken Bun 2 Condiments Tri Tatars Veggie-Salad Bar/Lite Ranch Choice of Fruit Milk Choice</p>	<p>8 Hot Dog Bun 2 Condiment Baked Bean Veggie-Salad Bar/Lite Ranch Baked Doritos Choice of Fruit Milk Choice</p>	<p>9 Salisbury Steak &amp; Gravy 1 Condiment Mashed Potatoes Pan Roll Veggie-Salad Bar/Lite Ranch Choice of Fruit Milk Choice</p>	<p>10 Pizza Crunchers Green Beans Veggie-Salad Bar/Lite Ranch Animal Crackers Choice of Fruit Milk Choice</p>
<p>13 Hamburger Bun 2 Condiment Packet Baked Beans Veggie-Salad Bar/ Lite Ranch Choice of Fruit Milk Choice</p>	<p>14 Cincy 3 Way Spaghetti Breadstick Green Beans Veggie-Salad Bar/Lite Ranch Choice of Fruit Milk Choice</p>	<p>15 Sloppy Joe Bun Oven Fries 2 Condiment Packet Veggie-Salad Bar/Lite Ranch Chocolate Chip Gripzz Choice of Fruit Milk Choice</p>	<p>16 Cheese Pizza Sweet Potato Wedges 2 Condiment Packet Veggie-Salad Bar/Lite Ranch Choice of Fruit Milk Choice</p>	<p>17 Chicken Strips Dipping Sauce Broccoli &amp; Cheese Veggie-Salad Bar/Lite Ranch Choice of Fruit Milk Choice</p>
<p>20 Cook's Choice Meat Cook's Choice Grain (2) 2 Condiments Baked Beans Cole Slaw 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 <b>MEMORIAL DAY</b> REMEMBER AND HONOR</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 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**

Equal Opportunity: This institution is an equal opportunity provider.

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	\$2.90
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