RULH ELEMENTARY SCHOOL



MEAL PRICING:

1 st Lunch	FREE
2 nd Lunch	\$2.95
Milk Only	\$0.50

LUNCH Menu

August-December 2022

OTHER DAILY SELECTIONS:

WEEK	MON	YAC	-	WEDNESDAY			,	THURSDAY				FRIDA	Y	PB&J Uncrustable		
1	Crispy Cl Tend Pan F Hashbrow Carro App Milk Ch	ers Ioll n Round ots Ie	(Te Tace B Cue	chos Gran ortilla Chij o Beef, Qu Salsa) Slack Bean cumber Sli Orange Milk Choice	os, eso, s ces	Chili with PeanutHamburger orButter SandwichBunCrackersCrinkle Cut FrieBroccoli CupGreen BeansBananaFruit SlushieMilk ChoiceMilk Choice					Fries Ins hie	Ste Ve Stra	uffed C Pizza eamed ggie/Ra awberry lilk Cho	Corn anch y Cup	also available daily as Entrée We offer a variety of vegetables daily!	
2	Crispy Cl Tend Pan R Hasbrowr Carro App Milk Ch	ers Coll I Round Ots Ie	(L Be Cł To B Cue	Taco Salac ettuce, Ta sef, Chedd seese, Sals ortilla Chip Slack Bean cumber Sli Orange Milk Choice	co ar ia, is) s ces	Ga (Sa Irlic Bi Green Brocce Bar	netti w/ uce readstic n Beans oli Cup nana Choice	k	Hotdog on Bun Doritos Veggie/Ranch Fruit Slushie Milk Choice			Cheesy Breadsticks With Marinara Steamed Corn Veggie/Ranch Strawberry Cup Milk Choice			SNACKS We offer a variety of a la carte snack items in our cafeteria
3	Crispy Cl Tend Pan F Hasbrowr Carro App Milk Ch	ers Coll Round Ots Ie	Calking Tag oritos, Ta eef, Chedd neese, Sals Black Bean cumber Sli Orange Milk Choic	co ar a) s ces	Salisbury Steak Mashed Potatoes & Gravy Pan Roll Broccoli Cup Banana Milk Choice				Chicken Patty Sandwich Crinkle Cut Fries Veggie/Ranch Fruit Slushie Milk Choice			Wild Mike's Cheese Bites With Marinara Steamed Corn Veggie/Ranch Strawberry Cup Milk Choice				
August 2	August 2022 September 20				7 Г		Octo	ber 202	,			Vovemb	er 202	2	1 [December 2022
S M T W 1 2 3 7 8 9 10 14 15 16 17 21 22 23 24 28 29 30 31	T F S 4 5 6 11 12 13 18 19 20 25 26 27 4 5 5	S M 4 5 11 12 18 19 25 26	T W 6 7 13 14 20 21 27 28	F S 1 2 3 8 9 10 15 16 11 22 23 2 29 30 1		 S M 2 3 9 10 16 17 23 24 30 31 	 T 4 111 18 25 	W T 5 6 12 13 19 20 26 27	7 14 21 28	s 1 8 15 22 29	S M 6 7 13 14 20 21 27 28	I T W 1 2 8 9 1 10 2 2 3 29 3 29	V T 2 3 9 10 6 17 3 24	F S 4 5 11 12 18 19 25 26	4 11 18 25	M T W T F S - - 1 2 3 5 6 7 8 9 10 12 13 14 15 16 17 19 20 21 22 23 24
Week 1 Meal Plan Week 2 Meal Plan Week 3 Meal Plan White days= NO SCHOOL																

NUTRITION BITES:

- Lunch is an important source of key food groups and nutrients including vegetables and protein with a quarter of daily energy coming from lunch¹.
- The intake of dairy products is especially important to bone health during childhood and adolescence, when bone mass is being built.²
 I. NHANES 2011-12 and NHANES 2013-2014.
 USDA. MyPlate.gov. http://www.myplate.gov.

Check out RULH School Nutrition Services on Facebook for a weekly update on what's for lunch!

Equal Opportunity: This institution is an equal opportunity provider.