

# RULH High School



## MEAL PRICING:

First Lunch	FREE
Second Lunch Full Price	\$2.95
Milk Only	\$0.50

## Lunch Menu

## January-May 2023

## OTHER DAILY SELECTIONS:

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Crispy Chicken Tenders Pan Roll Scooby Snacks Hashbrown Round Carrots Apple Milk Choice	Nachos Grande (Tortilla Chips, Taco Beef, Queso, Salsa) Black Beans Cucumber Slices Orange Milk Choice	Tomato Soup Grilled Cheese Crackers Broccoli Cup Banana Milk Choice	Cheeseburger on Bun Crinkle Cut Fries Green Beans Fruit Slushie Chocolate Chip Cookie Milk Choice	Stuffed Crust Pizza Steamed Corn Veggie/Ranch Strawberry Cup Sugar cookie Milk Choice
<b>2</b>	Crispy Chicken Tenders Pan Roll Hashbrown Round Carrots Apple Milk Choice	Taco Salad (Lettuce, Taco Beef, Cheddar Cheese, Salsa, Tortilla Chips) Black Beans Cucumber Slices Orange Milk Choice	Spaghetti w/ Sauce & Cheese Garlic Breadstick Green Beans Broccoli Cup Banana Milk Choice	Hotdog on Bun with Sauce & Cheese Doritos Veggie/Ranch Fruit Slushie Chocolate Chip Cookie Milk Choice	Cheesy Breadsticks With Marinara Steamed Corn Veggie/Ranch Strawberry Cup Milk Choice
<b>3</b>	Crispy Chicken Tenders Pan Roll Hashbrown Round Carrots Apple Milk Choice	Walking Taco (Doritos, Taco Beef, Cheddar Cheese, Salsa) Scooby Snacks Black Beans Cucumber Slices Orange Sugar Cookie Milk Choice	Salisbury Steak Mashed Potatoes & Gravy Pan Roll Broccoli Cup Banana Milk Choice	Chicken Patty Sandwich Crinkle Cut Fries Veggie/Ranch Fruit Slushie Chocolate Chip Cookie Milk Choice	Wild Mike's Cheese Bites With Marinara Steamed Corn Veggie/Ranch Strawberry Cup Milk Choice

**PB&J**  
**Uncrustable**  
also available daily as Entrée

We offer a variety of vegetables daily!

**SNACKS**  
We offer a variety of a la carte snack items in our cafeteria

Entrée Salad with Lettuce, Cucumber, Tomato, Cheese, Dressing, Applesauce cup, Chocolate chip muffin

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28			

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24	25	26	27	28

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

■ Week 1 Meal Plan   
 ■ Week 2 Meal Plan   
 ■ Week 3 Meal Plan   
  No School