

RULH Middle 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
1	Crispy Chicken Tenders Pan Roll Hashbrown Round Carrots Apple Milk Choice	Nachos Grande (Tortilla Chips, Taco Beef, Queso, Salsa) Black Beans Cucumber Slices Orange Milk Choice	Chili with Peanut Butter Sandwich Crackers Broccoli Cup Banana Milk Choice	Cheeseburger on Bun Crinkle Cut Fries Green Beans Fruit Slushie Milk Choice	Stuffed Crust Pizza Steamed Corn Veggie/Ranch Strawberry Cup Milk Choice
2	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 Garlic Breadstick Green Beans Broccoli Cup Banana Milk Choice	Hotdog on Bun Doritos Veggie/Ranch Fruit Slushie Milk Choice	Cheesy Breadsticks With Marinara Steamed Corn Veggie/Ranch Strawberry Cup Milk Choice
3	Crispy Chicken Tenders Pan Roll Hashbrown Round Carrots Apple Milk Choice	Walking Taco (Doritos, Taco Beef, Cheddar Cheese, Salsa) Black Beans Cucumber Slices Orange Milk Choice	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

PB&J
Uncrustable
also available daily as Entrée

We offer a variety of vegetables daily!

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			

Week 1 Meal Plan

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			

Week 2 Meal Plan

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

Week 3 Meal Plan

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		

No School