

RULH MIDDLE SCHOOL



MEAL PRICING:

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

LUNCH Menu

August-December 2022

OTHER DAILY SELECTIONS:

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

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

August 2022						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

September 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

October 2022						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

November 2022						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

December 2022						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

■ 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

1. NHANES 2011-12 and NHANES 2013-2014.
 2. USDA. MyPlate.gov. <http://www.myplate.gov>.

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

