



# RISE LUNCH MENU

## 2024-2025 2nd SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Chicken Smackers with WG Dinner Roll  Pepperoni or Cheese ➤ Pizza Munchable	Beef Nachos with Tortilla Chips  Yogurt, Cheese Stick, with Muffin ➤	Hot Dog on WG Bun  Garden Salad with WG Dinner Rolls ➤	Hamburger or Cheeseburger on WG Bun  Beef Taco Salad with Tostitos	Cheese ➤ or Pepperoni Pizza Pull-Aparts  Popcorn Chicken Salad with WG Dinner Roll
	Mashed Potatoes	Corn or Refried Beans	Cooked Carrots	Potato Smiles	Broccoli
Week 2	Chicken Patty on WG Bun  Pepperoni or Cheese ➤ Pizza Munchable	Mac 'n Cheese Bites ➤  Yogurt, Cheese Stick, with Muffin ➤	Mini Corn Dogs  Garden Salad with WG Dinner Rolls ➤	Cheese Omelet with Cinnamon Roll ➤  Beef Taco Salad with Tostitos	Cheese ➤ or Pepperoni Pizza Slice  Popcorn Chicken Salad with WG Dinner Roll
	Cooked Carrots	Green Beans	Baked Beans	Seasoned Potatoes	Broccoli
Week 3	Chicken Tenders with WG Dinner Roll  Pepperoni or Cheese ➤ Pizza Munchable	Fritos Walking Tacos  Yogurt, Cheese Stick, with Muffin ➤	Mozzarella Sticks with Marinara Sauce ➤  Garden Salad with WG Dinner Rolls ➤	French Toast Sticks with Eggstravaganza <b>P</b>  Beef Taco Salad with Tostitos	Tony's Personal Pan Cheese ➤ or Pepperoni Pizza  Popcorn Chicken Salad with WG Dinner Roll
	Cooked Carrots	Corn or Refried Beans	Green Beans	Seasoned Potatoes	Broccoli
WG = whole grain  ➤ = vegetarian (no meat) <b>P</b> = contains pork		Fruit and Low Fat/ Skim Milk offered daily		Second entrée option of PBJ Uncrustable (5.3 oz) ➤ offered each day	
Students must take 3 of the 5 food components (one must be a fruit or vegetable) to be considered a reimbursable meal					

JANUARY 2025					FEBRUARY 2025					MARCH 2025					APRIL 2025					MAY 2025				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
		1	2	3	3	4	5	6	7	3	4	5	6	7		1	2	3	4				1	2
6	7	8	9	10	10	11	12	13	14	10	11	12	13	14	7	8	9	10	11	5	6	7	8	9
13	14	15	16	17	17	18	19	20	21	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
20	21	22	23	24	24	25	26	27	28	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23
27	28	29	30	31						31					28	29	30			26	27	28	29	30

Menus subject to change. The institution is an equal opportunity provider.



# RISE BREAKFAST MENU

## 2024-2025 2nd SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Week 1</b>	WG Breakfast Bar ➤ (Dunkin' Sticks)	Cinnamon Toast Crunch Bread ➤	WG Mini Donuts ➤	Otis Spunkmeyer WG Muffin ➤ (2 oz)	Pillsbury Mini Cinni ➤
<b>Week 2</b>	Eggo Bites ➤ (Cook's Choice)	Pop Tart ➤ (1 ct)	Breakfast Pizza Bagel (Nardone's - meat and cheese <sup>P</sup> Tony's - egg and cheese ➤)	Otis Spunkmeyer WG Muffin ➤ (2 oz)	WG Snack'n Waffle ➤
<div> <div>WG = whole grain ➤ = vegetarian (no meat) <sup>P</sup> = contains pork</div> <div>Fruit, Juice, &amp; Low Fat/ Skim Milk offered daily</div> <div> <b>MON</b> Second entrée option of Assorted Cereal Bar (1 oz) ➤ offered once a week </div> <div>Students must take 3 of the 4 food components (one must be a fruit or juice) to be considered a reimbursable meal</div> </div>					

JANUARY 2025					FEBRUARY 2025					MARCH 2025					APRIL 2025					MAY 2025				
M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F	M	T	W	T	F
		1	2	3	3	4	5	6	7	3	4	5	6	7		1	2	3	4				1	2
6	7	8	9	10	10	11	12	13	14	10	11	12	13	14	7	8	9	10	11	5	6	7	8	9
13	14	15	16	17	17	18	19	20	21	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
20	21	22	23	24	24	25	26	27	28	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23
27	28	29	30	31						31					28	29	30			26	27	28	29	30

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