



RISE LUNCH MENU

2025-2026 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 Beef Taco Salad with Tostitos | Hamburger or Cheeseburger on WG Bun Garden Salad with WG Dinner Rolls ► | Cheese ► or Pepperoni Pizza Pull-Aparts Popcorn Chicken Salad with WG Dinner Roll |
| | Mashed Potatoes | Corn or Refried Beans | Cooked Carrots | Seasoned Potatoes | Broccoli |
| Week 2 | Chicken Patty on WG Bun Pepperoni or Cheese ► Pizza Munchable | Doritos Walking Tacos Yogurt, Cheese Stick, with Muffin ► | BBQ Rib Sandwich ^P on WG Bun Beef Taco Salad with Tostitos | Cheese Omelet with Cinnamon Roll ► Garden Salad with WG Dinner Rolls ► | Cheese ► or Pepperoni Pizza Slice Popcorn Chicken Salad with WG Dinner Roll |
| | Cooked Carrots | Green Beans ^P | 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 ► | Spicy Chicken Patty on WG Bun Beef Taco Salad with Tostitos | French Toast Sticks with Eggstravaganza ^P Garden Salad with WG Dinner Rolls ► | Tony's Personal Pan Cheese ► or Pepperoni Pizza Popcorn Chicken Salad with WG Dinner Roll |
| | Cooked Carrots | Corn or Refried Beans | Green Beans ^P | Seasoned Potatoes | Broccoli |

| | | | |
|---|--|--|--|
| <p>WG = whole grain</p> <p>► = vegetarian (no meat)</p> <p>^P = contains pork</p> | <p>Fruit and Low Fat/ Skim Milk offered daily</p> <p>(100% juice offered as a fruit option on Fridays)</p> | <p>Second entrée option of PBJ Uncrustable (5.3 oz) ► offered each day</p> | <p>Students must take 3 of the 5 food components (one must be a fruit or vegetable) to be considered a reimbursable meal</p> |
|---|--|--|--|

| JANUARY 2026 | | | | | FEBRUARY 2026 | | | | | MARCH 2026 | | | | | APRIL 2026 | | | | | MAY 2026 | | | | | |
|--------------|----|----|----|----|---------------|----|----|----|----|------------|----|----|----|----|------------|----|----|----|----|----------|----|----|----|----|---|
| 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 | |
| 29 | 30 | 31 | 1 | 2 | 2 | 3 | 4 | 5 | 6 | 2 | 3 | 4 | 5 | 6 | | | | 1 | 2 | 3 | | | | | 1 |
| 5 | 6 | 7 | 8 | 9 | 9 | 10 | 11 | 12 | 13 | 9 | 10 | 11 | 12 | 13 | 6 | 7 | 8 | 9 | 10 | 4 | 5 | 6 | 7 | 8 | |
| 12 | 13 | 14 | 15 | 16 | 16 | 17 | 18 | 19 | 20 | 16 | 17 | 18 | 19 | 20 | 13 | 14 | 15 | 16 | 17 | 11 | 12 | 13 | 14 | 15 | |
| 19 | 20 | 21 | 22 | 23 | 23 | 24 | 25 | 26 | 27 | 23 | 24 | 25 | 26 | 27 | 20 | 21 | 22 | 23 | 24 | 18 | 19 | 20 | 21 | 22 | |
| 26 | 27 | 28 | 29 | 30 | | | | | | 30 | 31 | | | | 27 | 28 | 29 | 30 | | 25 | 26 | 27 | 28 | 29 | |

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



RISE BREAKFAST MENU

2025-2026 2nd SEMESTER

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|---|---|---|--|---|
| Week 1 | WG Breakfast Bar ▶ (Dunkin' Sticks) | Cinnamon Toast Crunch Bread ▶ | WG Mini Donuts ▶ | Otis Spunkmeyer WG Muffin ▶ (2 oz) | Pillsbury Mini Cinni ▶ (Caramel or Cinnamon) |
| Week 2 | Eggo Bites ▶ (Cook's Choice) | Pop Tart ▶ (1 ct) | Chicken Sausage Pancake Sandwich | Otis Spunkmeyer WG Muffin ▶ (2 oz) | WG Snack'n Waffle ▶ |
| | WG = whole grain ▶ = vegetarian (no meat) P = contains pork | Fruit, Juice, & Low Fat/ Skim Milk offered daily | MON Second entrée option of Assorted Cereal Bar (1 oz) ▶ offered once a week | | Students must take 3 of the 4 food components (one must be a fruit or juice) to be considered a reimbursable meal |

| JANUARY 2026 | | | | | FEBRUARY 2026 | | | | | MARCH 2026 | | | | | APRIL 2026 | | | | | MAY 2026 | | | | |
|--------------|----|----|----|----|---------------|----|----|----|----|------------|----|----|----|----|------------|----|----|----|----|----------|----|----|----|----|
| 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 |
| 29 | 30 | 31 | 1 | 2 | 2 | 3 | 4 | 5 | 6 | 2 | 3 | 4 | 5 | 6 | | | 1 | 2 | 3 | | | | | 1 |
| 5 | 6 | 7 | 8 | 9 | 9 | 10 | 11 | 12 | 13 | 9 | 10 | 11 | 12 | 13 | 6 | 7 | 8 | 9 | 10 | 4 | 5 | 6 | 7 | 8 |
| 12 | 13 | 14 | 15 | 16 | 16 | 17 | 18 | 19 | 20 | 16 | 17 | 18 | 19 | 20 | 13 | 14 | 15 | 16 | 17 | 11 | 12 | 13 | 14 | 15 |
| 19 | 20 | 21 | 22 | 23 | 23 | 24 | 25 | 26 | 27 | 23 | 24 | 25 | 26 | 27 | 20 | 21 | 22 | 23 | 24 | 18 | 19 | 20 | 21 | 22 |
| 26 | 27 | 28 | 29 | 30 | | | | | | 30 | 31 | | | | 27 | 28 | 29 | 30 | | 25 | 26 | 27 | 28 | 29 |

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