



RISE LUNCH MENU

2026-2027 1st SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Chicken Smackers with WG Dinner Roll Pepperoni or Cheese ► Pizza Munchable <i>Mashed Potatoes</i>	Beef Nachos with Tortilla Chips Beef Taco Salad with Tostitos <i>Corn or Refried Beans</i>	Hot Dog on WG Bun Yogurt, Cheese Stick, with Muffin ► <i>Cooked Carrots</i>	Hamburger or Cheeseburger on WG Bun Popcorn Chicken Salad with WG Dinner Roll <i>Seasoned Potatoes</i>	Cheese ► or Pepperoni Pizza Pull-Aparts Garden Salad with WG Dinner Rolls ► <i>Broccoli</i>
Week 2	Chicken Patty on WG Bun Pepperoni or Cheese ► Pizza Munchable <i>Cooked Carrots</i>	Doritos Walking Tacos Beef Taco Salad with Tostitos <i>Green Beans P</i>	BBQ Rib Sandwich P on WG Bun Yogurt, Cheese Stick, with Muffin ► <i>Baked Beans</i>	Cheese Omelet with Cinnamon Roll ► Popcorn Chicken Salad with WG Dinner Roll <i>Seasoned Potatoes</i>	Cheese ► or Pepperoni Pizza Slice Garden Salad with WG Dinner Rolls ► <i>Broccoli</i>
Week 3	Chicken Tenders with WG Dinner Roll Pepperoni or Cheese ► Pizza Munchable <i>Cooked Carrots</i>	Fritos Walking Tacos Beef Taco Salad with Tostitos <i>Corn or Refried Beans</i>	Boneless Chicken Wings with WG Dinner Roll Yogurt, Cheese Stick, with Muffin ► <i>Green Beans P</i>	French Toast Sticks with Eggstravaganza P Popcorn Chicken Salad with WG Dinner Roll <i>Seasoned Potatoes</i>	Tony's Personal Pan Cheese ► or Pepperoni Pizza Garden Salad with WG Dinner Rolls ► <i>Broccoli</i>

<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>
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JUL/AUG 2026					SEPTEMBER 2026					OCTOBER 2026					NOVEMBER 2026					DECEMBER 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	
27	28	29	30	31		1	2	3	4					1	2	2	3	4	5	6		1	2	3	4
3	4	5	6	7	7	8	9	10	11	5	6	7	8	9	9	10	11	12	13	7	8	9	10	11	
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Menus subject to change. The institution is an equal opportunity provider.



RISE BREAKFAST MENU 2026-2027 1st SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	WG Breakfast Bar ➤ (Dunkin' Sticks)	Cinnamon Toast Crunch Bread ➤	WG Mini Donuts ➤	WG Sweet Roll ➤	Pillsbury Mini Cinni ➤ (Caramel or Cinnamon)
Week 2	Eggo Bites ➤ (Cook's Choice)	Pillsbury Apple Frudel ➤	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					

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27	28	29	30	31		1	2	3	4				1	2	2	3	4	5	6		1	2	3	4
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