



RISE LUNCH MENU

FALL 2023 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 Yogurt Parfait with Grahams <i>Corn or Refried Beans</i>	Spaghetti with WG Dinner Roll Garden Salad with WG Dinner Rolls <i>Cooked Carrots</i>	Hamburger or Cheeseburger on WG Bun Beef Taco Salad with Tostitos <i>Potato Smiles</i>	Pizza Pull-Aparts Popcorn Chicken Salad with WG Dinner Roll <i>Broccoli</i>
Week 2	Chicken Patty on WG Bun Pepperoni or Cheese Pizza Munchable <i>Cooked Carrots</i>	Bosco Sticks with Marinara Sauce Yogurt Parfait with Grahams <i>Green Beans</i>	Mini Corn Dogs Garden Salad with WG Dinner Rolls <i>Baked Beans</i>	Cheese Omelet with Cinnamon Roll Beef Taco Salad with Tostitos <i>Seasoned Potatoes</i>	Pizza Slice Popcorn Chicken Salad with WG Dinner Roll <i>Broccoli</i>
Week 3	Chicken Tenders with WG Dinner Roll Pepperoni or Cheese Pizza Munchable <i>Cooked Carrots</i>	Fritos Walking Tacos Yogurt Parfait with Grahams <i>Corn or Refried Beans</i>	Mozzarella Sticks with Marinara Sauce Garden Salad with WG Dinner Rolls <i>Green Beans</i>	French Toast Sticks with Eggstravaganza Beef Taco Salad with Tostitos <i>Seasoned Potatoes</i>	Tony's Personal Pan Pizza Popcorn Chicken Salad with WG Dinner Roll <i>Broccoli</i>
<div> <div>WG = whole grain</div> <div>Fruit and Low Fat/ Skim Milk offered daily</div> <div>Second entrée option of PBJ Uncrustable (5.3 oz) offered each day</div> <div>Students must take a fruit or vegetable to be considered a reimbursable meal</div> </div>					

AUG 2023					SEPT 2023					OCT 2023					NOV 2023					DEC 2023				
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
31	1	2	3	4					1	2	3	4	5	6			1	2	3					1
7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
14	15	16	17	18	11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
21	22	23	24	25	18	19	20	21	22	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
28	29	30	31		25	26	27	28	29	30	31				27	28	29	30		25	26	27	28	29

July 26-28 will start on **Week 1 Lunch**

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



RISE BREAKFAST MENU

FALL 2023 SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	WG Breakfast Bar (Dunkin' Sticks)	Cinnamon Toast Crunch Bread	WG Donut Holes in a Cup	Otis Spunkmeyer WG Muffin (2 oz)	Pillsbury Mini Cinni
Week 2	Eggo Bites (Cook's Choice)	Pop Tart (1 ct)	Tony's Breakfast Pizza Bagel	Otis Spunkmeyer WG Muffin (2 oz)	WG Snack'n Waffle
<div>WG = whole grain</div> <div>Fruit, Juice, & Low Fat/ Skim Milk offered daily</div> <div>Second entrée option of Assorted Cereal (1 oz) offered each day</div> <div>Students must take a fruit or juice to be considered a reimbursable meal</div>					

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

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