



RISE LUNCH MENU

2023-2024 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	Pizza Pull-Aparts Popcorn Chicken Salad with WG Dinner Roll
	Mashed Potatoes	Corn or Refried Beans	Cooked Carrots	Potato Smiles	Broccoli
	Chicken Patty on WG Bun Pepperoni or Cheese Pizza Munchable	Bosco Sticks with Marinara Sauce Yogurt, Cheese Stick, with Muffin	Mini Corn Dogs Garden Salad with WG Dinner Rolls	Cheese Omelet with Cinnamon Roll Beef Taco Salad with Tostitos	Pizza Slice Popcorn Chicken Salad with WG Dinner Roll
Week 2	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 Beef Taco Salad with Tostitos	Tony's Personal Pan Pizza Popcorn Chicken Salad with WG Dinner Roll
	Cooked Carrots	Corn or Refried Beans	Green Beans	Seasoned Potatoes	Broccoli

WG = whole grain

Fruit and Low Fat/
Skim Milk offered daily

Second entrée option of
PBJ Uncrustable (5.3 oz)
offered each day

Students must take a fruit or vegetable
to be considered a reimbursable meal

JAN 2024

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

FEB 2024

M	T	W	T	F
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	

MAR 2024

M	T	W	T	F
				1
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

APR 2024

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

MAY 2024

M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

Menus subject to change.

This institution is an equal opportunity provider.



RISE BREAKFAST MENU

2023-2024 2ND 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)	Breakfast Pizza Bagel	Otis Spunkmeyer WG Muffin (2 oz)	WG Snack'n Waffle

WG = whole grain	Fruit, Juice, & Low Fat/ Skim Milk offered daily	T/TH Second entrée option of Assorted Cereal (1 oz) offered twice a week	Students must take a fruit or juice to be considered a reimbursable meal
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JAN 2024					FEB 2024					MAR 2024					APR 2024					MAY 2024					
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	4	5				1	2					1	1	2	3	4	5				1	2	3
8	9	10	11	12	5	6	7	8	9	4	5	6	7	8	8	9	10	11	12	6	7	8	9	10	
15	16	17	18	19	12	13	14	15	16	11	12	13	14	15	15	16	17	18	19	13	14	15	16	17	
22	23	24	25	26	19	20	21	22	23	18	19	20	21	22	22	23	24	25	26	20	21	22	23	24	
29	30	31	26	27	28	29						29	30						27	28	29	30	31		

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