



# Elementary Lunch Menu November 2022

Rice Lake School District

***Look for New Menu Items Throughout the Year!!***  
***The Food Service Tab on our School Website will be updated if changes occur to the menu.***



***Complete Your Lunch with Ice Cold Assorted Milk (1% White, or FF Chocolate)***



**Offer vs Serve Meal Pattern:**

Students are offered 5 Food Components: Meat/Meat Alt, Grain (Whole Grain Rich), Fruit, Vegetables, and Milk

\*Asked to Choose at least 3 Full Components, one of which must be 1/2 cup fruit or vegetable, encouraged to choose all items\*

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	1 Breaded Chicken Patty on a Bun Broccoli Lettuce/Celery Sticks Fresh Fruit Ketchup/Light Ranch	2 Hot Dog on a Bun Goldfish Crackers Baked Beans Baby Carrots Mixed Fruit Ketchup/Mustard/Light Ranch	3 Pancakes Sausage Patty Tator Tots Baby Carrots Orange Juice Syrup/Ketchup	4 Mozzarella Dippers Red Sauce Cooked Carrots Diced Pears Light Ranch
7 Teacher In-service No School	8 Popcorn Chicken Corn Baby Carrots Diced Peaches Dinner Roll/Smart Balance Ketchup/Light Ranch	9 Hamburger on a Bun Potato Smiles Lettuce/Sliced Tomatoes/Pickles Fresh Fruit Ketchup/Mustard	10 Sub Sandwich Baked Cheetos Baked Beans Lettuce/Sliced Tomatoes Strawberries Mayo/Light Ranch	11 Pizza Broccoli Sliced Cucumbers Applesauce Light Ranch
14 Chicken Nuggets Rice a Roni Broccoli Baby Carrots Fresh Fruit Ketchup/Light Ranch	15 Soft Shell Tacos Corn Lettuce Diced Tomatoes Diced Pears Salsa/Sour Cream	16 Mini Corn Dogs Goldfish Pretzels Baked Beans Fresh Pea Pods Mixed fruit Ketchup/Mustard	17 Roasted Turkey/Stuffing Whipped Potatoes/Gravy Green Beans/Cranberries Apple Juice Dinner Roll Pumpkin Bars with Frosting	18 Cheesy Breadstick Red Sauce Cooked Carrots Warm Cinnamon Apple Slices Dinner Roll Smart Balance
21 Cheeseburger on a Bun Potato Wedges Lettuce/Sliced Tomatoes/Pickles Fresh Fruit Ketchup/Mustard	22 Chicken Tenders Cheez Its Baked Beans Baby Carrots Applesauce Ketchup/Light Ranch	23 Thanksgiving Break No School	24 Thanksgiving Break No School	25 Thanksgiving Break No School
28 Walking Taco Corn Lettuce/Diced Tomatoes Fresh Fruit Salsa/Sour Cream	29 Breaded Chicken Patty on a Bun Broccoli Lettuce/Celery Sticks Fresh Fruit Ketchup/Light Ranch	30 Hot Dog on a Bun Goldfish Crackers Baked Beans Baby Carrots Mixed Fruit Ketchup/Mustard/Light Ranch		

Menus are subject to change due to food availability

This institution is an equal opportunity provider.