



Elementary Lunch Menu December 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*

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Pancakes Sausage Patty Tator Tots Baby Carrots Orange Juice Syrup/Ketchup	2 Mozzarella Dippers Red Sauce Cooked Carrots Diced Pears Light Ranch
5 Popcorn Chicken Corn Baby Carrots Diced Peaches Dinner Roll/Smart Balance Ketchup/Light Ranch	6 Hamburger on a Bun Potato Smiles Lettuce/Sliced Tomatoes/Pickles Fresh Fruit Ketchup/Mustard	7 Sub Sandwich Baked Cheetos Baked Beans Lettuce/Sliced Tomatoes Strawberries Mayo/Light Ranch	8 Cheese Raviolis in Red Sauce Warm Garlic Breadstick Green Beans Baby Carrots Fresh Fruit Light Ranch/Parmesan Cheese	9 Pizza Broccoli Sliced Cucumbers Applesauce Light Ranch
12 Chicken Nuggets Rice a Roni Broccoli Baby Carrots Fresh Fruit Ketchup/Light Ranch	13 Soft Shell Tacos Corn Lettuce Diced Tomatoes Diced Pears Salsa/Sour Cream	14 Mini Corn Dogs Goldfish Pretzels Baked Beans Fresh Pea Pods Mixed fruit Ketchup/Mustard	15 Pancakes Sausage Patty Tator Tots Baby Carrots Orange Juice Syrup/Ketchup	16 Cheesy Breadstick Red Sauce Cooked Carrots Fresh Fruit Dinner Roll Smart Balance
19 Cheeseburger on a Bun Potato Wedges Lettuce/Sliced Tomatoes/Pickles Fresh Fruit Ketchup/Mustard	20 Macaroni & Cheese Warm Garlic Breadstick Green Beans Baby Carrots Strawberries Light Ranch	21 Chicken Drumstick Augratin Potatoes Peas Dinner Roll w/Smart Balance Juice Cup Apple Crisp w/Ice Cream	22 Chicken Tenders Cheez Its Baked Beans Baby Carrots Fresh Fruit or Applesauce Cup Ketchup/Light Ranch	23 Winter Vacation No School
26 Winter Vacation No School 	27 Winter Vacation No School 	28 Winter Vacation No School	29 Winter Vacation No School 	30 Winter Vacation No School

Menus are subject to change due to food availability

This institution is an equal opportunity provider.