



# Middle School 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\*


## Hot Lunch Options

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Brd Chicken Patty on a Bun Scalloped Potatoes & Ham <u>Sides:</u> Broccoli Side Salad Fresh Fruit	2 Hot Dog on a Bun Rodeo Burger <u>Sides:</u> Goldfish Crackers Baked Beans/Side Salad Mixed Fruit	3 Pancakes/Sausage Corn Dog on a Stick <u>Sides:</u> Tator Tots Baby Carrots Orange Juice	4 Mozzarella Dippers* Warrior Burger <u>Sides:</u> Red Sauce* Cooked Carrots/Side Salad Diced Pears
7 Teacher In-service No School	8 Popcorn Chicken Italian Meatball Sub <u>Sides:</u> Corn Side Salad Diced Peaches	9 Hamburger on a Bun Cheesy Garlic French Bread <u>Sides:</u> Potato Smiles Lettuce/Tomatoes/Pickles Fresh Fruit	10 Spicy Brd Chicken Patty BBQ Pork Patty <u>Sides:</u> Baked Cheetos Baked Beans/Side Salad Strawberries	11 Pizza Mandarin Orange Chicken* <u>Sides:</u> Rice a Roni* Broccoli/Side Salad Applesauce
14 Chicken Nuggets Burrito w/ Cheese Sauce <u>Sides:</u> Rice a Roni Broccoli/Side Salad Fresh Fruit	15 Soft Shell Tacos Pizza <u>Sides:</u> Corn Lettuce/Diced Tomatoes Diced Pears	16 Mini Corn Dogs Cheeseburger <u>Sides:</u> Goldfish Pretzels Baked Beans/Side Salad Mixed Fruit	17 Roasted Turkey/Stuffing Whipped Potatoes/Gravy Green Beans/Cranberries Apple Juice Dinner Roll Pumpkin Bars with Frosting	18 Cheesy Breadsticks* Toasted Italian Sub <u>Sides:</u> Red Sauce* Cooked Carrots/Side Salad Warm Cinn Apple Slices
21 Cheeseburger on a Bun Spicy Brd Chicken Patty <u>Sides:</u> Potato Wedges Lettuce/ Tomato/Pickles Fresh Fruit	22 Chicken Tenders Quesadilla <u>Sides:</u> Cheez Its Baked Beans/Side Salad Applesauce	23 Thanksgiving Break No School	24 Thanksgiving Break No School	25 Thanksgiving Break No School
28 Walking Taco Calzone <u>Sides:</u> Lettuce/Diced Tomatoes Corn/Fresh Fruit	29 Brd Chicken Patty on a Bun Scalloped Potatoes & Ham <u>Sides:</u> Broccoli Side Salad Fresh Fruit	30 Hot Dog on a Bun Rodeo Burger <u>Sides:</u> Goldfish Crackers Baked Beans/Side Salad Mixed Fruit	 	

## Cold Line Options

- Monday**  
PBJ Sandwich  
Giant Goldfish Crackers  
String Cheese
- Tuesday**  
Pizza Flatbread Lunchable  
Yogurt Cup
- Wednesday**  
PBJ Sandwich  
Cheez Its
- Thursday**  
Pizza Flatbread Lunchable  
Yogurt Cup
- Friday**  
PBJ Sandwich  
Cheddar Goldfish Crackers  
String Cheese

~Daily Choice of Side Salad & Fruit with Cold Line Option~

 **Lunch Prices:**  
High School \$2.95  
Middle School \$2.80  
Elementary \$2.65

Menus are subject to change due to food availability

This institution is an equal opportunity provider.