

RISE LUNCH MENU

2025-2026 1st 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 Beef Taco Salad with Tostitos	Hamburger or Cheeseburger on WG Bun Garden Salad with WG Dinner Rolls ➤	Cheese ➤ or Pepperoni Pizza Pull-Aparts Popcorn Chicken Salad with WG Dinner Roll
	Mashed Potatoes	Corn or Refried Beans	Cooked Carrots	Seasoned Potatoes	Broccoli
Week 2	Chicken Patty on WG Bun Pepperoni or Cheese ➤ Pizza Munchable	Doritos Walking Tacos Yogurt, Cheese Stick, with Muffin ➤	Mini Corn Dogs Beef Taco Salad with Tostitos	Cheese Omelet with Cinnamon Roll ➤ Garden Salad with WG Dinner Rolls ➤	Cheese ➤ or Pepperoni Pizza Slice Popcorn Chicken Salad with WG Dinner Roll
	Cooked Carrots	Green Beans P	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 ➤	Cheese Pizza Crunchers ➤ Beef Taco Salad with Tostitos	French Toast Sticks with Eggstravaganza P Garden Salad with WG Dinner Rolls ➤	Tony's Personal Pan Cheese ➤ or Pepperoni Pizza Popcorn Chicken Salad with WG Dinner Roll
	Cooked Carrots	Corn or Refried Beans	Green Beans P	Seasoned Potatoes	Broccoli
WG = whole grain ➤ = vegetarian (no meat) P = contains pork		Fruit and Low Fat/ Skim Milk offered daily (100% juice offered as a fruit option on Fridays)		Second entrée option of PBJ Uncrustable (5.3 oz) ➤ offered each day	
Students must take 3 of the 5 food components (one must be a fruit or vegetable) to be considered a reimbursable meal					

AUGUST 2025					SEPTEMBER 2025					OCTOBER 2025					NOVEMBER 2025					DECEMBER 2025				
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
28	29	30	31	1	1	2	3	4	5			1	2	3	3	4	5	6	7	1	2	3	4	5
4	5	6	7	8	8	9	10	11	12	6	7	8	9	10	10	11	12	13	14	8	9	10	11	12
11	12	13	14	15	15	16	17	18	19	13	14	15	16	17	17	18	19	20	21	15	16	17	18	19
18	19	20	21	22	22	23	24	25	26	20	21	22	23	24	24	25	26	27	28	22	23	24	25	26
25	26	27	28	29	29	30				27	28	29	30	31						29	30	31		



RISE BREAKFAST MENU

2025-2026 1st SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	WG Breakfast Bar ➤ (Dunkin' Sticks)	Cinnamon Toast Crunch Bread ➤	WG Mini Donuts ➤	Otis Spunkmeyer WG Muffin ➤ (2 oz)	Pillsbury Mini Cinni ➤ (Caramel or Cinnamon)
Week 2	Eggo Bites ➤ (Cook's Choice)	Pop Tart ➤ (1 ct)	Breakfast Pizza Bagel P	Otis Spunkmeyer WG Muffin ➤ (2 oz)	WG Snack'n Waffle ➤
<div> <div>WG = whole grain ➤ = vegetarian (no meat) P = contains pork</div> <div>Fruit, Juice, & Low Fat/ Skim Milk offered daily</div> <div> MON Second entrée option of Assorted Cereal Bar (1 oz) ➤ offered once a week </div> <div>Students must take 3 of the 4 food components (one must be a fruit or juice) to be considered a reimbursable meal</div> </div>					

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

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