



RISE LUNCH MENU

FALL 2023 SEMESTER

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Chicken Smackers with WG Dinner Roll	Beef Nachos with Tortilla Chips	Spaghetti with WG Dinner Roll	Hamburger or Cheeseburger on WG Bun	Pizza Pull-Aparts
	Pepperoni or Cheese Pizza Munchable	Yogurt Parfait with Grahams	Garden Salad with WG Dinner Rolls	Beef Taco Salad with Tostitos	Popcorn Chicken Salad with WG Dinner Roll
	Mashed Potatoes	Corn or Refried Beans	Cooked Carrots	Potato Smiles	Broccoli
Week 2	Chicken Patty on WG Bun	Bosco Sticks with Marinara Sauce	Mini Corn Dogs	Cheese Omelet with Cinnamon Roll	Pizza Slice
	Pepperoni or Cheese Pizza Munchable	Yogurt Parfait with Grahams	Garden Salad with WG Dinner Rolls	Beef Taco Salad with Tostitos	Popcorn Chicken Salad with WG Dinner Roll
	Cooked Carrots	Green Beans	Baked Beans	Seasoned Potatoes	Broccoli
Week 3	Chicken Tenders with WG Dinner Roll	Fritos Walking Tacos	Mozzarella Sticks with Marinara Sauce	French Toast Sticks with Eggstravaganza	Tony's Personal Pan Pizza
	Pepperoni or Cheese Pizza Munchable	Yogurt Parfait with Grahams	Garden Salad with WG Dinner Rolls	Beef Taco Salad with Tostitos	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

AUG 2023

M	T	W	T	F
31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30	31	

SEPT 2023

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

OCT 2023

M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

NOV 2023

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	

DEC 2023

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

July 26-28 will start on **Week 1 Lunch**

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



RISE BREAKFAST MENU

FALL 2023 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)	Tony's Breakfast Pizza Bagel	Otis Spunkmeyer WG Muffin (2 oz)	WG Snack'n Waffle

WG = whole grain	Fruit, Juice, & Low Fat/ Skim Milk offered daily	Second entrée option of Assorted Cereal (1 oz) offered each day	Students must take a fruit or juice to be considered a reimbursable meal
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AUG 2023					SEPT 2023					OCT 2023					NOV 2023					DEC 2023				
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
31	1	2	3	4					1	2	3	4	5	6			1	2	3					1
7	8	9	10	11	4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	4	5	6	7	8
14	15	16	17	18	11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	11	12	13	14	15
21	22	23	24	25	18	19	20	21	22	23	24	25	26	27	20	21	22	23	24	18	19	20	21	22
28	29	30	31	25	26	27	28	29	30	31					27	28	29	30	25	26	27	28	29	

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