



RISE LUNCH MENU

2023-2024 2ND SEMESTER

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

JAN 2024					FEB 2024					MAR 2024					APR 2024					MAY 2024				
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
1	2	3	4	5				1	2					1	1	2	3	4	5			1	2	3
8	9	10	11	12	5	6	7	8	9	4	5	6	7	8	8	9	10	11	12	6	7	8	9	10
15	16	17	18	19	12	13	14	15	16	11	12	13	14	15	15	16	17	18	19	13	14	15	16	17
22	23	24	25	26	19	20	21	22	23	18	19	20	21	22	22	23	24	25	26	20	21	22	23	24
29	30	31	26	27	28	29						29	30						27	28	29	30	31	

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



RISE BREAKFAST MENU

2023-2024 2ND 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

JAN 2024

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

FEB 2024

M	T	W	T	F
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5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	

MAR 2024

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

APR 2024

M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30			

MAY 2024

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	31

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