



RISE LUNCH MENU

2024-2025 2nd 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 Garden Salad with WG Dinner Rolls	Hamburger or Cheeseburger on WG Bun Beef Taco Salad with Tostitos	Cheese or Pepperoni Pizza Pull-Aparts 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 Pepperoni or Cheese Pizza Munchable	Mac 'n Cheese Bites Yogurt, Cheese Stick, with Muffin	Mini Corn Dogs Garden Salad with WG Dinner Rolls	Cheese Omelet with Cinnamon Roll Beef Taco Salad with Tostitos	Cheese or Pepperoni Pizza Slice Popcorn Chicken Salad with WG Dinner Roll
	Cooked Carrots	Green Beans	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	Mozzarella Sticks with Marinara Sauce Garden Salad with WG Dinner Rolls	French Toast Sticks with Eggstravaganza P Beef Taco Salad with Tostitos	Tony's Personal Pan Cheese or Pepperoni Pizza Popcorn Chicken Salad with WG Dinner Roll
	Cooked Carrots	Corn or Refried Beans	Green Beans	Seasoned Potatoes	Broccoli

WG = whole grain
 ➤ = vegetarian (no meat)
 P = contains pork

Fruit and Low Fat/
 Skim Milk offered daily

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

JANUARY 2025					FEBRUARY 2025					MARCH 2025					APRIL 2025					MAY 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
		1	2	3	3	4	5	6	7	3	4	5	6	7		1	2	3	4				1	2
6	7	8	9	10	10	11	12	13	14	10	11	12	13	14	7	8	9	10	11	5	6	7	8	9
13	14	15	16	17	17	18	19	20	21	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
20	21	22	23	24	24	25	26	27	28	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23
27	28	29	30	31						31					28	29	30			26	27	28	29	30

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



RISE BREAKFAST MENU

2024-2025 2nd 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 ➤
Week 2	Eggo Bites ➤ (Cook's Choice)	Pop Tart ➤ (1 ct)	Breakfast Pizza Bagel (Nardone's - meat and cheese ^P Tony's - egg and cheese ➤)	Otis Spunkmeyer WG Muffin ➤ (2 oz)	WG Snack'n Waffle ➤

<p>WG = whole grain</p> <p>➤ = vegetarian (no meat)</p> <p>^P = contains pork</p>	<p>Fruit, Juice, & Low Fat/ Skim Milk offered daily</p>	<p>MON</p> <p>Second entrée option of Assorted Cereal Bar (1 oz) ➤ offered once a week</p>	<p>Students must take 3 of the 4 food components (one must be a fruit or juice) to be considered a reimbursable meal</p>
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JANUARY 2025					FEBRUARY 2025					MARCH 2025					APRIL 2025					MAY 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
		1	2	3	3	4	5	6	7	3	4	5	6	7		1	2	3	4				1	2
6	7	8	9	10	10	11	12	13	14	10	11	12	13	14	7	8	9	10	11	5	6	7	8	9
13	14	15	16	17	17	18	19	20	21	17	18	19	20	21	14	15	16	17	18	12	13	14	15	16
20	21	22	23	24	24	25	26	27	28	24	25	26	27	28	21	22	23	24	25	19	20	21	22	23
27	28	29	30	31						31					28	29	30			26	27	28	29	30

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