



Don't Forget
to Eat Your
Vegetables

Rhineland High School

Lunch Menu

Fresh Vegetable Choices and
Seasonal Fruit are Offered Daily

January 2018

MONDAY

1 New Year's Day No School

TUESDAY

2 Classic Cafe No School

WEDNESDAY

- Classic Cafe** Cheese & Pepperoni Flatbread, Kettle Potato Chips
- Diner** Crispy Chicken Nuggets, Cheeseburger on Bun, Hamburger on a Bun
- Pizza Parlor** Meatlovers, Cheese Pizza, Pepperoni Pizza
- Grab n Go** Double Decker PB & J Sandwich, Cold Cut Combo Sub
- Creation** Wing Bar

THURSDAY

- Classic Cafe** Italian Stromboli, Chocolate Chip Cookie
- Diner** BBQ Rib Sandwich, Cheeseburger on Bun, Hamburger on a Bun
- Pizza Parlor** Chicken Bacon Ranch Pizza, Cheese Pizza, Pepperoni Pizza
- Grab n Go** Buffalo Chicken Wrap, Chef Salad
- Creation** Pasta Bar

FRIDAY

- Classic Cafe** Creamy Chicken Enchilada, Mexican Street Corn, Churro
- Diner** Spicy Chicken Patty on Bun, Cheeseburger on Bun, Hamburger on a Bun
- Pizza Parlor** BBQ Chicken Pizza, Cheese Pizza, Pepperoni Pizza
- Grab n Go** Hummus Plate, Italian Sub
- Creation** Build Your Own Sub

EXTRA INFO

Harvest of the Month



All meals include Fresh Fruit and Vegetable Bar and choice of White Skim or Chocolate Skim Milk.
For questions or comments, contact Patricia Karaba at 715-365-9547 or email karabpat@rhineland.k12.wi.us.

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8
MONDAY

- Classic Cafe** Pancakes, Sausage Patty, Hashbrown Potatoes
- Diner** Chicken Patty on Whole Grain Bun, Cheeseburger on Bun, Hamburger on a Bun
- Pizza Parlor** Meatlovers, Cheese Pizza, Pepperoni Pizza
- Grab n Go** Double Decker PB & J Sandwich, Turkey Deli Sub Sandwich
- Creation** Popcorn Chicken Bowl

9
TUESDAY

- Classic Cafe** Philly Flatbread, Calico Bean Bake
- Diner** Corn Dog, Cheeseburger on Bun, Hamburger on a Bun
- Pizza Parlor** Chicken Alfredo Pizza, Cheese Pizza, Pepperoni Pizza
- Grab n Go** Turkey BLT Salad, WG Chips, Salsa & Cheese Cubes
- Creation** Taco Bar

10
WEDNESDAY

- Classic Cafe** Roast Pork & Gravy, Mashed Potatoes, Cornbread
- Diner** Crispy Chicken Nuggets, Cheeseburger on Bun, Hamburger on a Bun
- Pizza Parlor** Taco Pizza, Cheese Pizza, Pepperoni Pizza
- Grab n Go** Chicken Salad Flatbread, Cold Cut Combo Sub
- Creation** Pasta Bar

11
THURSDAY

- Classic Cafe** Toasted Cheese Sandwich, Tomato Soup, Birthday Cake
- Diner** BBQ Rib Sandwich, Cheeseburger on Bun, Hamburger on a Bun
- Pizza Parlor** Chicken Bacon Ranch Pizza, Cheese Pizza, Pepperoni Pizza
- Grab n Go** Buffalo Chicken Wrap, Chef Salad
- Creation** Breakfast Bar

12
FRIDAY

- Classic Cafe** BBQ Meatball Sub, Kettle Potato Chips
- Diner** Spicy Chicken Patty on Bun, Cheeseburger on Bun, Hamburger on a Bun
- Pizza Parlor** BBQ Chicken Pizza, Cheese Pizza, Pepperoni Pizza
- Grab n Go** Hummus Plate, Italian Sub
- Creation** Build Your Own Baked Potato

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15

MONDAY

- Classic Cafe** Chicken Marinara, Garlic Toast
- Diner** Chicken Patty on Whole Grain Bun, Cheeseburger on Bun, Hamburger on a Bun
- Pizza Parlor** Meatlovers, Cheese Pizza, Pepperoni Pizza
- Grab n Go** Double Decker PB & J Sandwich, Turkey Deli Sub Sandwich
- Creation** Wing Bar

16

TUESDAY

- Classic Cafe** Chili in a Bread Bowl, Cinnamon Roll
- Diner** Corn Dog, Cheeseburger on Bun, Hamburger on a Bun
- Pizza Parlor** Chicken Alfredo Pizza, Cheese Pizza, Pepperoni Pizza
- Grab n Go** Turkey BLT Salad, WG Chips, Salsa & Cheese Cubes
- Creation** Soup and Sandwich Bar

17

WEDNESDAY

- Classic Cafe** Salisbury Steak, Mashed Potatoes & Gravy, Whole Grain Dinner Roll
- Diner** Crispy Chicken Nuggets, Cheeseburger on Bun, Hamburger on a Bun
- Pizza Parlor** Taco Pizza, Cheese Pizza, Pepperoni Pizza
- Grab n Go** Chicken Salad Flatbread, Cold Cut Combo Sub
- Creation** Build Your Own Sub

18

THURSDAY

- Classic Cafe** Turkey Nachos Supreme, Refried Beans, Churro
- Diner** BBQ Rib Sandwich, Cheeseburger on Bun, Hamburger on a Bun
- Pizza Parlor** Chicken Bacon Ranch Pizza, Cheese Pizza, Pepperoni Pizza
- Grab n Go** Buffalo Chicken Wrap, Chef Salad
- Creation** Popcorn Chicken Bowl

19

FRIDAY

- Classic Cafe** No School

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22

MONDAY

Classic Cafe No School

23

TUESDAY

Classic Cafe Southwestern Burger Quesadilla, Kettle Potato Chips

Diner Corn Dog, Cheeseburger on Bun, Hamburger on a Bun

Pizza Parlor Chicken Alfredo Pizza, Cheese Pizza, Pepperoni Pizza

Grab n Go Double Decker PB & J Sandwich, WG Chips, Salsa & Cheese Cubes

Creation Taco Bar

24

WEDNESDAY

Classic Cafe Orange Chicken, Brown Rice, Fortune Cookie

Diner Crispy Chicken Nuggets, Cheeseburger on Bun, Hamburger on a Bun

Pizza Parlor Taco Pizza, Cheese Pizza, Pepperoni Pizza

Grab n Go Chicken Salad Flatbread, Cold Cut Combo Sub

Creation Breakfast Bar

25

THURSDAY

Classic Cafe BBQ Pulled Pork Sandwich, Golden French Fries, Lemon Squares

Diner BBQ Rib Sandwich, Cheeseburger on Bun, Hamburger on a Bun

Pizza Parlor Chicken Bacon Ranch Pizza, Cheese Pizza, Pepperoni Pizza

Grab n Go Buffalo Chicken Fajita Wrap, Chef Salad

Creation Build Your Own Baked Potato

26

FRIDAY

Classic Cafe Italian Turkey Panini, Chocolate Chip Cookie, Potato Wedges

Diner Spicy Chicken Patty on Bun, Cheeseburger on Bun, Hamburger on a Bun

Pizza Parlor BBQ Chicken Pizza, Cheese Pizza, Pepperoni Pizza

Grab n Go Hummus Plate, Italian Sub

Creation Wing Bar

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29

MONDAY

- Classic Cafe** Beef & Broccoli Stir Fry, Brown Rice, Whole Grain Dinner Roll
- Diner** Chicken Patty on Whole Grain Bun, Cheeseburger on Bun, Hamburger on a Bun
- Pizza Parlor** Meatlovers, Cheese Pizza, Pepperoni Pizza
- Grab n Go** Double Decker PB & J Sandwich, Turkey Deli Sub Sandwich
- Creation** Popcorn Chicken Bowl

1

THURSDAY

30

TUESDAY

- Classic Cafe** Turkey BLT Flatbread, Kettle Potato Chips
- Diner** Corn Dog, Cheeseburger on Bun, Hamburger on a Bun
- Pizza Parlor** Chicken Alfredo Pizza, Cheese Pizza, Pepperoni Pizza
- Grab n Go** Turkey BLT Salad, WG Chips, Salsa & Cheese Cubes
- Creation** Pasta Bar

2

FRIDAY

31

WEDNESDAY

- Classic Cafe** Roast Turkey & Gravy, Mashed Potatoes, Whole Grain Dinner Roll
- Diner** Crispy Chicken Nuggets, Cheeseburger on Bun, Hamburger on a Bun
- Pizza Parlor** Taco Pizza, Cheese Pizza, Pepperoni Pizza
- Grab n Go** Chicken Salad Flatbread, Cold Cut Combo Sub
- Creation** Build Your Own Sub

EXTRA INFO

Harvest of the Month



GINGER



ARUGULA



Lemon

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