

Ross High School Lunch

August 2023

Ross High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28 No School	29 ✓ Entree Double Dog French Bread Cheese Pizza French Bread Pepperoni Pizza Uncrustables PB&J Sandwich Assorted Muffins Vegetables Baked Beans Assorted Cold Veggies Marinara Dip Cup	30 ✓ Entree 4 Cheese Pizza Slice Chicken Patty Sandwich Uncrustables PB&J Sandwich Assorted Muffins Vegetables Straight Cut French Fries Assorted Cold Veggies Fruit Assorted Fresh Fruit Assorted 100% Fruit Juice	31 ✓ Entree Pepperoni Calzone Grilled Cheese Sandwich Uncrustables PB&J Sandwich Assorted Muffins Vegetables Corn Assorted Cold Veggies Marinara Dip Cup Fruit Assorted Fresh Fruit	

Fruit

Assorted Fresh Fruit
 Assorted 100% Fruit Juice
 Assorted Fruit Cups

Grains

Graham Crackers

Milk

Fat Free Chocolate Milk
 1% Milk

Misc.

Assorted Yogurt
 String Cheese
 Ketchup Dip Cup
 Mustard
 Buttermilk Ranch Dressing
 Cup

Assorted Fruit Cups**Grains**

Graham Crackers

Milk

Fat Free Chocolate Milk
 1% Milk

Misc.

Assorted Yogurt
 String Cheese
 Ketchup Dip Cup
 BBQ Sauce Dip Cup
 Buttermilk Ranch Dressing
 Cup

Assorted 100% Fruit Juice

Assorted Fruit Cups

Grains

Graham Crackers

Milk

Fat Free Chocolate Milk
 1% Milk

Misc.

Assorted Yogurt
 String Cheese
 Buttermilk Ranch Dressing
 Cup






In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at:

<https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
3. email: Program.Intake@usda.gov

Monday	Tuesday	Wednesday	Thursday	Friday
				<p>1 </p> <p>Entree</p> <p>Chicken Chunks Spicy Chicken Chunks Pepperoni Pizza Rippers Uncrustables PB&J Sandwich Assorted Muffins</p> <p>Vegetables</p> <p>Tater Tots Assorted Cold Veggies Marinara Dip Cup</p> <p>Fruit</p> <p>Assorted Fresh Fruit Assorted 100% Fruit Juice Assorted Fruit Cups</p> <p>Grains</p> <p>Graham Crackers</p> <p>Milk</p> <p>Fat Free Chocolate Milk 1% Milk</p> <p>Misc.</p> <p>Assorted Yogurt String Cheese Buttermilk Ranch Dressing Cup</p>
<p>4</p> <p>Labor Day</p>	<p>5 </p> <p>Entree</p> <p>Mac N Cheese Pizza Crunchers Ham Chef Salad Uncrustables PB&J Sandwich Assorted Muffins</p> <p>Vegetables</p> <p>Green Beans Assorted Cold Veggies Marinara Dip Cup</p> <p>Fruit</p> <p>Assorted Fresh Fruit Assorted 100% Fruit Juice Assorted Fruit Cups</p> <p>Grains</p> <p>Graham Crackers Nickels Dinner Roll</p> <p>Milk</p>	<p>6 </p> <p>Entree</p> <p>Chicken and Waffles Cheese Breadsticks Ham Chef Salad Uncrustables PB&J Sandwich Assorted Muffins</p> <p>Vegetables</p> <p>Tater Tots Assorted Cold Veggies Marinara Dip Cup</p> <p>Fruit</p> <p>Assorted Fresh Fruit Assorted 100% Fruit Juice Assorted Fruit Cups</p> <p>Grains</p> <p>Graham Crackers</p> <p>Milk</p> <p>Fat Free Chocolate Milk</p>	<p>7 </p> <p>Entree</p> <p>Cheeseburger Pepperoni Hot Pocket Ham Chef Salad Uncrustables PB&J Sandwich Assorted Muffins</p> <p>Vegetables</p> <p>Straight Cut French Fries Baked Beans Assorted Cold Veggies</p> <p>Fruit</p> <p>Assorted Fresh Fruit Assorted 100% Fruit Juice Assorted Fruit Cups</p> <p>Grains</p> <p>Graham Crackers</p> <p>Milk</p> <p>Fat Free Chocolate Milk</p>	<p>8 </p> <p>Entree</p> <p>2 Bosco Breadsticks Pepperoni Pizza Primo Four Cheese Pizza Uncrustables PB&J Sandwich Assorted Muffins Ham Chef Salad</p> <p>Vegetables</p> <p>Assorted Cold Veggies Side Salad Marinara Dip Cup</p> <p>Fruit</p> <p>Assorted Fresh Fruit Assorted 100% Fruit Juice Assorted Fruit Cups</p> <p>Grains</p> <p>Graham Crackers</p> <p>Milk</p>

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Buttermilk Ranch Dressing
Cup
Margarine Cup

1% Milk

Misc.

Assorted Yogurt
String Cheese
Buttermilk Ranch Dressing
Cup
Syrup Cup
Margarine Cup
Ketchup Packet
BBQ Sauce Dip Cup

1% Milk

Misc.

Assorted Yogurt
String Cheese
Ketchup Dip Cup
BBQ Sauce Dip Cup
Buttermilk Ranch Dressing
Cup

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Buttermilk Ranch Dressing
Cup

11

Entree

Popcorn Chicken
Three Cheese Calzone
Ham Chef Salad
Uncrustables PB&J
Sandwich
Assorted Muffins

Vegetables

Assorted Cold Veggies
Mashed Potatoes
Whole Kernel Corn

Fruit

Assorted Fresh Fruit
Assorted 100% Fruit Juice
Assorted Fruit Cups

Grains

Graham Crackers
Nickels Dinner Roll

Milk

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Ketchup Dip Cup
BBQ Sauce Dip Cup
Mustard
Buttermilk Ranch Dressing
Cup
Chicken Gravy

12

Entree

Grilled Cheese Sandwich
Beef Fiestada
Ham Chef Salad
Uncrustables PB&J
Sandwich
Assorted Muffins

Vegetables

Tomato Soup
Assorted Cold Veggies

Fruit

Assorted Fresh Fruit
Assorted 100% Fruit Juice
Assorted Fruit Cups

Grains

Graham Crackers

Milk

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Buttermilk Ranch Dressing
Cup

13

Entree

Meatball Sub
Cheese Quesadilla
Pepperoni Pizza
Ham Chef Salad
Uncrustables PB&J
Sandwich
Assorted Muffins

Vegetables

Assorted Cold Veggies
Marinara Dip Cup

Fruit

Assorted Fresh Fruit
Assorted 100% Fruit Juice
Assorted Fruit Cups

Grains

Graham Crackers

Milk

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Buttermilk Ranch Dressing
Cup

14

Entree

Walking Taco
Primo Four Cheese Pizza
Ham Chef Salad
Uncrustables PB&J
Sandwich
Assorted Muffins

Vegetables

Refried beans
Salsa Dipping Cup
Assorted Cold Veggies

Fruit

Assorted Fresh Fruit
Assorted 100% Fruit Juice
Assorted Fruit Cups

Grains

Graham Crackers

Milk

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Buttermilk Ranch Dressing
Cup

15

Entree

Chicken Chunks
Spicy Chicken Chunks
Pepperoni Pizza Rippers
Ham Chef Salad
Uncrustables PB&J
Sandwich
Assorted Muffins

Vegetables

Tater Tots
Assorted Cold Veggies
Marinara Dip Cup

Fruit

Assorted Fresh Fruit
Assorted 100% Fruit Juice
Assorted Fruit Cups

Grains

Graham Crackers
Nickels Dinner Roll

Milk

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Ketchup Packet
BBQ Sauce Dip Cup
Mustard
Buttermilk Ranch Dressing
Cup

18

Entree

Soft Pretzel
Ham Chef Salad
Uncrustables PB&J
Sandwich
Assorted Muffins

Vegetables

Assorted Cold Veggies
Green Beans

Fruit

19

Entree

General Tso's Chicken
Garlic Cheese French
Bread Pizza
Ham Chef Salad
Uncrustables PB&J
Sandwich
Assorted Muffins

Vegetables

Corn
Assorted Cold Veggies

20

Entree

French Toast
4 Meat Stromboli
Ham Chef Salad
Uncrustables PB&J
Sandwich
Assorted Muffins

Vegetables

Tater Tots
Assorted Cold Veggies
Marinara Dip Cup

21

Entree

Pulled BBQ Pork
Sandwich
Three Cheese Calzone
Ham Chef Salad
Uncrustables PB&J
Sandwich
Assorted Muffins

Vegetables

Baked Beans
Assorted Cold Veggies

22

Entree

Pepperoni Pizza
Primo Four Cheese Pizza
Ham Chef Salad
Uncrustables PB&J
Sandwich
Assorted Muffins

Vegetables

Side Salad
Assorted Cold Veggies

Assorted Fresh Fruit
Assorted 100% Fruit Juice
Assorted Fruit Cups

Grains

Graham Crackers

Milk

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Buttermilk Ranch Dressing
Cup
Cheddar Cheese Sauce

Marinara Dip Cup

Fruit

Assorted Fresh Fruit
Assorted 100% Fruit Juice
Assorted Fruit Cups

Grains

Vegetable Fried Rice
Graham Crackers

Milk

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Buttermilk Ranch Dressing
Cup

Fruit

Assorted Fresh Fruit
Assorted 100% Fruit Juice
Assorted Fruit Cups

Grains

Graham Crackers

Milk

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Buttermilk Ranch Dressing
Cup
Syrup Cup
Ketchup Packet

Fruit

Assorted Fresh Fruit
Assorted 100% Fruit Juice
Assorted Fruit Cups

Grains

Graham Crackers

Milk

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Buttermilk Ranch Dressing
Cup

Fruit

Assorted Fresh Fruit
Assorted 100% Fruit Juice
Assorted Fruit Cups

Grains

Graham Crackers

Milk

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Buttermilk Ranch Dressing
Cup

25

Entree

Popcorn Chicken
Three Cheese Calzone
Ham Chef Salad
Uncrustables PB&J
Sandwich
Assorted Muffins

Vegetables

Assorted Cold Veggies
Mashed Potatoes
Whole Kernel Corn

Fruit

Assorted Fresh Fruit
Assorted 100% Fruit Juice
Assorted Fruit Cups

Grains

Graham Crackers
Nickels Dinner Roll

Milk

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Ketchup Dip Cup
BBQ Sauce Dip Cup
Mustard
Buttermilk Ranch Dressing
Cup
Chicken Gravy



26

Entree

Double Dog
French Bread Cheese
Pizza
French Bread Pepperoni
Pizza
Uncrustables PB&J
Sandwich
Assorted Muffins

Vegetables

Baked Beans
Assorted Cold Veggies
Marinara Dip Cup

Fruit

Assorted Fresh Fruit
Assorted 100% Fruit Juice
Assorted Fruit Cups

Grains

Graham Crackers

Milk

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Ketchup Dip Cup
Mustard
Buttermilk Ranch Dressing
Cup



27

Entree

4 Cheese Pizza Slice
Chicken Patty Sandwich
Uncrustables PB&J
Sandwich
Assorted Muffins

Vegetables

Straight Cut French Fries
Assorted Cold Veggies

Fruit

Assorted Fresh Fruit
Assorted 100% Fruit Juice
Assorted Fruit Cups

Grains

Graham Crackers

Milk

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Ketchup Dip Cup
BBQ Sauce Dip Cup
Buttermilk Ranch Dressing
Cup



28

Entree

Pepperoni Calzone
Grilled Cheese Sandwich
Uncrustables PB&J
Sandwich
Assorted Muffins

Vegetables

Corn
Assorted Cold Veggies
Marinara Dip Cup

Fruit

Assorted Fresh Fruit
Assorted 100% Fruit Juice
Assorted Fruit Cups

Grains

Graham Crackers

Milk

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Buttermilk Ranch Dressing
Cup



29

Entree

Chicken Chunks
Spicy Chicken Chunks
Pepperoni Pizza Rippers
Uncrustables PB&J
Sandwich
Assorted Muffins

Vegetables

Tater Tots
Assorted Cold Veggies
Marinara Dip Cup

Fruit

Assorted Fresh Fruit
Assorted 100% Fruit Juice
Assorted Fruit Cups

Grains

Graham Crackers

Milk

Fat Free Chocolate Milk
1% Milk

Misc.

Assorted Yogurt
String Cheese
Buttermilk Ranch Dressing
Cup



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