

SCHOOL LUNCH MENU
ST. GEORGE ELEMENTARY & WESTMORELAND ELEMENTARY
SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast Burrito Chicken Fajita Shredded Lettuce Steamed Carrots Pineapple Chunks
4 NO SCHOOL Labor Day	5 Pancake on Stick Beef & Bean Burrito Salsa Shredded Lettuce Diced Tomatoes Mexican Corn Banana	6 Coffeecake BBQ Beef/bun Corn Baked Beans Frz Mixed Fruit	7 French Toast Sticks Turkey & Cheese Sub Lettuce Leaf Tomato Slice Sweet Potato Fries Fresh fruit	8 Biscuit & Gravy Chicken Fry Steak Mashed Potato/gravy Steamed Broccoli Pineapple
11 No School	12 WG Donut Chicken Wrap Spanish Brown Rice Romaine Salad Winter Mix Tropical Fruit	13 Sausage Biscuit Spaghetti w/meat sauce Garlic Bread Romaine Salad/drsg Green Beans Mandarin Oranges	14 Muffin Taco Salad Tortilla Chips Salsa Refried Beans Watermelon	15 Breakfast Pizza Hamburger/bun Crinkle Cut Fries Broccoli/cheese Apple
18 Mini Waffles Mini Meatball Sub Ranch Potato Wedges Romaine Salad/drsg Peach	19 Pancake on Stick BBQ Chicken Nuggets WW Roll Baked Beans Cole Slaw Diced Pears	20 Coffeecake Hotdog/bun Cherry Tomatoes Cucumber Slices Banana	21 French Toast Sticks Cheese Pizza Broccoli Florets Baby Carrots Mixed Fruit Cup	22 Biscuits & Gravy Mini Pancakes Sausage Patty Tri Tater Applesauce
25 Breakfast Pizza Pork Rib/bun Lettuce Leaf Tomato Slice Sweet Potato Puffs Apple	26 WG Donut CornDog Green Beans Tater Tots Fruit Cocktail Snickerdoodle	27 Sausage Biscuit Chicken Quesadilla Refried Beans Broccoli Floret Strawberries	28 WG Muffin Chicken Strips Mashed Potatoes/gravy Peas Pears Hot Roll	29 Breakfast Burrito Stuffed Crust Pizza Garden Salad/drsg Corn Grapes

Every day at breakfast: Cereal in place of main item, juice and fresh fruit available. For breakfast students must take 3 items, one of which is a fruit/juice.

Every day at lunch: fresh fruit & vegetables available. Students will be offered 5 items for lunch—meat/meat alternate, grain, vegetable, fruit and milk—students must take 3 items, one of which must be a fruit or vegetable. Half pint cartons of milk offered with each meal—choice of skim, 1% white or ½% chocolate.

Lunch: \$2.70 Breakfast: \$1.75

All menus are subject to change without notice. This institute is an equal opportunity provider.

SCHOOL LUNCH MENU
ROCK CREEK JR/SR HIGH SCHOOL
SEPTEMBER 2017

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Breakfast Burrito Chilidog on bun Fries Steamed Carrots Pineapple Chunks *Pulled Pork Sandwich
4 NO SCHOOL Labor Day	5 Pancake on stick Beef & Bean Burrito Tortilla Chips(9-12) Salsa Shredded Romaine Diced Tomatoes Mexican Corn Banana *Sloppy Joe	6 Coffeecake BBQ Beef/bun Fresh Snow Peas Baked Beans Frz Mixed Fruit Brownie *Burrito	7 French Toast Sticks Turkey & Cheese Sub Lettuce Leaf Tomato Slice Sweet Potato Fries Kiwi *BBQ Beef	8 Biscuit & Gravy Chicken Fry Steak Mashed Potatoes/gravy WW Roll/jelly Steamed Broccoli Pineapple Chunks *Turkey Sub
11 No School	12 WG Donut Chicken Wrap Spanish Brown Rice Shredded Romaine Diced Tomatoes Corn Tropical Fruit Oatmeal Cookie(9-12) *Chicken Fry Steak	13 Sausage Biscuit Spaghetti/meat sauce Garlic Bread(9-12) Romaine Salad/drsg Green Beans Mandarin Oranges *Pizza	14 Muffin Taco Salad Tortilla Chips Salsa Refried Beans Watermelon Cinnamon Puff(9-12) *Pretzel	15 Breakfast Burrito Chicken & Noodles WW Roll(9-12) Mashed Potatoes Baby Carrots Grapes *Taco Salad
18 Mini Waffles Mini Meatball Sub Jo Jo Potatoes Romaine Salad Peach *Nachos	19 Pancake on Stick BBQ Chicken Nuggets WW Roll/jelly(9-12) Baked Beans Cole Slaw Pears *Meatball Sub	20 Coffeecake Hotdog/bun Chips Cherry Tomatoes Cucumber Slices Banana *BBQ Chicken	21 French Toast Sticks Cheese Pizza Broccoli Florets Baby Carrots Mixed Fruit Cup *Hotdog	22 Biscuit & Gravy Mini Pancakes Sausage Patty Tri Tater Applesauce *Cheese Pizza
25 Breakfast Pizza Pork Rib/bun Lettuce Leaf Tomato Slice Sweet Potato Puffs Apple *Pizza	26 Donut Corn Dog Green Beans Tater Tots Fruit Cocktail Snickerdoodle *Rib/bun	27 Sausage Biscuit Chicken Quesadilla Tortilla Chips/salsa(9-12) Refried Beans Broccoli Florets Strawberries *Corndog	28 Muffin Chicken Strips Mashed Potatoes/gravy Peas Pears Hot Roll(9-12) *Chicken Quesadilla	29 Breakfast Burrito Stuffed Crust Pizza Romaine Salad/drsg Corn Grapes *Chicken Strips

*alacarte

Every day at lunch: Deli sandwich or chef salad in lieu of main dish, fresh fruit & vegetables available. Students will be offered 5 items for lunch—meat/meat alternate, grain, vegetable, fruit and milk—students must take 3 items, one of which must be a fruit or vegetable.

Every day at breakfast: Cereal in place of main item, juice and fresh fruit available. For breakfast students must take 3 items, one of which is a fruit

Half pint cartons of milk offered with each meal—choice of skim, 1% white or ½% chocolate.

Lunch: \$3.00 Breakfast: \$1.75

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