

**SCHOOL LUNCH MENU**  
**ROCK CREEK JR/SR HIGH SCHOOL**  
**OCTOBER 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pancake on stick  Pepperoni Pizza Romaine Salad Cherry Tomatoes Celery Sticks Orange *Hot Ham & Cheese	2 Coffeecake  Chicken Patty Sand Sweet Potato Fries Green Beans Applesauce *Pepperoni Pizza	3 French Toast Sticks  Taco Burger/bun Tortilla Chips Salsa Shredded Lettuce Diced Tomato Refried Beans Banana *Chicken Patty	4 Biscuit & Gravy  Homecoming Tailgate
7 Breakfast Burrito  Turkey & Cheese Sub Broccoli florets Sweet Potato Fries Banana *Pizza	8 WG Donut  Beef & Bean Burrito Tortilla Chips(9-12) Salsa Shredded Romaine Diced Tomatoes Refried Beans Mexican Corn Peaches *Turkey Cheese Sub	9 Sausage Biscuit  *Pizza French Bread Pizza Green Beans Romaine Salad Royal Brownie Applesauce *Burrito	10 Muffin/yogurt  Stromboli Squares Garlic Breadstick(9-12) Romaine Salad Baby Carrots Mixed Fruit *French Bread Pizza	11 Biscuit & Gravy  Chicken Fry Steak Mashed Potatoes/gravy WW Roll/jelly(5-12) Peas Pineapple Chunks *Stromboli
14 No School	15 Pancake on Stick  Hamburger/bun Baked Beans Waffle Fries Apple *Chicken Fry Sand	16 Coffeecake  Chili Mixed Pepper Strips Sliced Cucumbers Peaches Cinnamon Roll *Hamburger	17 French Toast Sticks  Grilled Chicken Sandwich Sweet Potato Fries Green Beans Pineapple Chunks *Chili	18 Biscuit & Gravy  Chicken Nuggets Mashed Potato/gravy WW Roll Corn Fresh Blueberries *Pizza
21 Breakfast Pizza  Pork Rib/bun Romaine Lettuce Leaf Tomato Slice Sweet Potato Fries Pineapple Chunks *chicken Nuggets	22 Donut  Taco Soup Tortilla Chips Salsa Refried Beans Fresh Strawberries *Rib Sandwich	23 Sausage Biscuit  Corn Dog Green Beans Baked chips Fruit Cocktail Snickerdoodle *Taco Soup	24 Muffin/yogurt  Chicken Quesadilla Broccoli Florets Baby Carrots Peaches *Corndog	25 Biscuit & Gravy  Cowboy Cavatini WW Roll Corn Garden Salad Grapes *Pizza
28 Mini Waffles  Sweet & Sour Nuggets Brown Rice Stir Fry Vegetables Cherry Tomatoes Fresh Pear *Pizza	29 Pancake on Stick  Chicken Chili Crispito Cheese sauce/Salsa Black Beans Romaine Salad Mix Peaches *Sweet & Sour Nuggets	30 Coffeecake  Cheese Breadstick w/marinara sauce Corn Romaine Salad Grapes *Crispito	31 French Toast Sticks  Pulled Pork Sandwich Baked Beans Green Beans Applesauce *Pizza	

\*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 ½ cup fruit or vegetable.

Every day at breakfast: Cereal in place of main item, juice and canned or 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.

All menus are subject to change without notice.

Lunch: \$3.20 Breakfast: \$2.00

This institute is an equal opportunity provider

**SCHOOL LUNCH MENU**  
**WESTMORELAND ELEMENTARY**  
**OCTOBER 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pancake on stick  Pepperoni Pizza Romaine Salad Cherry Tomatoes Celery Sticks Fresh Orange	2 Coffeecake  Chicken Patty Sand Sweet Potato Fries Green Beans Applesauce	3 French Toast Sticks  Taco Burger /bun Tortilla Chips Salsa Lettuce/Tomato Refried Beans Banana	4 Biscuit & Gravy  Chicken Teriyaki Savory Rice WW Roll/jelly Steamed Asparagus Carrot Sticks Peaches
7 Breakfast Burrito  Turkey/Cheese Sub Crinkle Cut Fries Green Beans Banana	8 WG Donut  Beef & Bean Burrito Salsa Shredded Lettuce Diced Tomatoes Mexican Corn Peaches	9 Sausage Biscuit  French Bread Pizza Green Beans Romaine Salad Royal Brownie Applesauce	10 Muffin/yogurt  Stromboli Squares Romaine Salad Baby Carrots Mixed Fruit	11 Biscuit & Gravy  Country Fried Beef Pattie WW Roll/jelly(5-12) Mashed Potatoes/gravy Peas Pineapple Chunks
14 No School	15 Pancake on Stick  Hamburger/bun Baked Beans Waffle Fries Apple	16 Coffeecake  Chili Mixed Pepper Strips Sliced Cucumbers Peaches Cinnamon Roll	17 French Toast Sticks  Grilled Chicken Sandwich Sweet Potato Fries Green Beans Pineapple Chunks	18 Biscuit & Gravy  Chicken Nuggets WW Roll Mashed Potatoes/gravy Corn Fresh Blueberries
21 Breakfast Pizza  Pork Rib/bun Romaine lettuce Tomato Slice Sweet Potato Puffs Pineapple Chunks	22 Donut/yogurt  Taco Soup Tortilla Chips Salsa Refried Beans Fresh Strawberries	23 Sausage Biscuit  Corn Dog Green Beans Baked Chips Fruit Cocktail Snickerdoodle	24 Muffin/cheese stick  Chicken Quesadilla Broccoli Florets Baby Carrots Peaches	25 Biscuit & Gravy  Cowboy Cavatini WW Roll Corn Romaine Salad Mix Grapes
28 Mini Waffles  Sweet & Sour Chicken Nuggets Brown Rice Stir Fry Vegetables Cherry Tomatoes Fresh Pear	29 Pancake sausage Stick  Chicken Chili Crispito Salsa Black Beans Romaine Salad Mix Peaches	30 Coffeecake  Cheese Breadsticks w/marinara Sauce Corn Romaine Salad Mix Grapes	31 French Toast Sticks  Pulled Pork Sandwich Baked Beans Green Beans Applesauce	

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 ½ cup fruit or vegetable.

Every day at breakfast: Cereal in place of main item, juice and canned or 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.

All menus are subject to change without notice.

Lunch: \$2.90 Breakfast: \$2.00

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**SCHOOL LUNCH MENU  
ST GEORGE ELEMENTARY  
OCTOBER 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Donut/yogurt  Pepperoni Pizza Romaine Salad Cherry Tomatoes Celery Sticks Fresh Orange	2 Coffeecake  Chicken Patty Sand Sweet Potato Fries Green Beans Applesauce	3 French Toast Sticks  Taco Burger /bun Tortilla Chips Salsa Lettuce/Tomato Refried Beans Banana	4 Biscuit & Gravy  Chicken Teriyaki Savory Rice WW Roll/jelly Steamed Asparagus Carrot Sticks Peaches
7 Scrambled Eggs/sausage  Turkey/Cheese Sub Crinkle Cut Fries Green Beans Banana	8 WG Donut  Beef & Bean Burrito Salsa Shredded Lettuce Diced Tomatoes Mexican Corn Peaches	9 Coffeecake  French Bread Pizza Green Beans Romaine Salad Royal Brownie Applesauce	10 Pancake sausage stick  Stromboli Squares Romaine Salad Baby Carrots Mixed Fruit	11 Biscuit & Gravy  Country Fried Beef Pattie WW Roll/jelly(5-12) Mashed Potatoes/gravy Peas Pineapple Chunk
14 No School	15 Donut/cheesestick  Hamburger/bun Baked Beans Waffle Fries Apple	16 Coffeecake  Creamy Mac & Cheese Meatballs Peas Carrot Sticks Pears	17 French Toast Sticks  Grilled Chicken Sandwich Sweet Potato Fries Green Beans Pineapple Chunks	18 Biscuit & Gravy  Chicken Nuggets WW Roll Mashed Potatoes/gravy Corn Fresh Blueberries
21 Breakfast Pizza  Pork Rib/bun Romaine lettuce Tomato Slice Sweet Potato Puffs Pineapple Chunks	22 Donut/yogurt  Taco Soup Tortilla Chips Salsa Refried Beans Fresh Strawberries	23 Coffeecake  Corn Dog Green Beans Baked Chips Fruit Cocktail Snickerdoodle	24 Pancake Sausage Stick  Chicken Quesadilla Broccoli Florets Baby Carrots Peaches	25 Biscuit & Gravy  Cowboy Cavatini WW Roll Corn Romaine Salad Mix Grapes
28 Mini Waffles  Sweet & Sour Chicken Nuggets Brown Rice Stir Fry Vegetables Cherry Tomatoes Fresh Pear	29 Donut  Chicken Chili Crispito Salsa Black Beans Romaine Salad Mix Peaches	30 Coffeecake  Cheese Breadsticks w/marinara Sauce Corn Romaine Salad Mix Grapes	31 French Toast Sticks  Pulled Pork Sandwich Baked Beans Green Beans Applesauce	