

**SCHOOL LUNCH MENU**  
**ROCK CREEK JR/SR HIGH SCHOOL**  
 May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Cereal/yogurt  Hotdog/bun Fries Fresh Broccoli Peas Fruit Cocktail *Chicken Fry Steak	Biscuit & Gravy  Hamburger/bun Romaine Salad/drsg Cherry Tomatoes Baby Carrots Grapes *Hotdog	Donut  Taco Burger/bun Shredded Lettuce Diced Tomatoes Refried Beans Tortilla Chips(9-12) Banana *Hamburger	PopTart  Pepperoni Pizza Steamed Broccoli Romaine salad Mixed Fruit Cup *Taco Burger	French toast Sticks  Chicken Patty Sandwich Baked Lays Chips Green Beans Pears *Pizza
8	9	10	11	12
Pancake sausage stick  Pizza Carrot Sticks Romaine Salad/drsg Strawberries Choc Chip Cookie *Chicken Patty Sand	Mini Waffles  Cheese Breadsticks w/marinara sauce Green Beans Romaine Salad/drsg Orange *Pizza	Pancakes  Pulled Pork Sandwich Sweet Potato Waffle Fries Baked Beans Banana *Cheese Breadsticks	Breakfast Burrito  Crispito Romaine Salad/drsg Corn Refried beans Fruit cocktail *Pork Sandwich	Cinnamon Roll  Chicken Fried Steak Mashed Potatoes/gravy Steamed Broccoli Peaches *Crispito
15	16	17	18	19
Cereal/yogurt  Corndog Green Beans Tater Tots Fruit Cocktail Snickerdoodle *Chicken Fried Steak	Biscuit & Gravy  Ham & Cheese Sandwich Doritos Chips Carrots Sticks Peaches *Corndog	Donut  Chicken Nuggets Mashed Potatoes/gravy Corn Grapes WW Hot Roll *Pizza	Sausage Biscuit  Quesadilla Tortilla Chips(9-12) Salsa Refried Beans Broccoli Florets Strawberries *Chicken Nuggets	French Toast Sticks  Pork Rib/bun Lettuce Leaf Tomato Slice Sweet Potato Puffs Pineapple Chunks *Quesadilla
22	23	24		
Cooks Choice	Cooks Choice	Cooks Choice		

\*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

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

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

Lunch: \$2.95 Breakfast: \$1.75

**SCHOOL LUNCH MENU**  
**ST GEORGE ELEMENTARY & WESTMORELAND ELEMENTARY**  
 May 2017

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cereal/yogurt  Corndog Fries Fresh Broccoli Peas Fruit Cocktail	2 Biscuit & Gravy  Hamburger/bun Romaine Salad/drsg Cherry Tomatoes Baby Carrots Grapes	3 Donut  Quesadilla Romaine Salad Refried Beans Banana	4 PopTart  Pepperoni Pizza Steamed Broccoli Romaine salad Mixed Fruit Cup	5 French toast Sticks  Chicken Patty Sandwich Baked Lays Chips Green Beans Pears
8 Pancake sausage stick  Pizza Carrot Sticks Romaine Salad/drsg Strawberries Choc Chip Cookie	9 Mini Waffles  Cheese Breadsticks w/marinara sauce Green Beans Romaine Salad/drsg Orange	10 Pancakes  Pulled Pork Sandwich Sweet Potato Waffle Fries Baked Beans Banana	11 Breakfast Burrito  Crispito Romaine Salad/drsg Corn Refried beans Fruit cocktail	12 Cinnamon Roll  Chicken Fried Steak Mashed Potatoes/gravy Steamed Broccoli Peaches
15 Cereal/yogurt  Pork Rib/bun Lettuce Leaf Tomato Slice Sweet Potato Puffs Pineapple Chunks	16 Biscuit & Gravy  Ham & Cheese Sandwich Doritos Chips Green Beans Peaches	17 Donut  Chicken Nuggets Mashed Potatoes/gravy Corn Grapes WW Hot Roll	18 Sausage Biscuit  Hotdog/bun Hamburger/bun Chips Carrot Sticks Cookie Apple	19 French Toast Sticks  Pizza Broccoli Florets Fruit Ice Cream
22 Pancake Sausage Stick  Cooks Choice	23 Mini Waffle  Cooks Choice	24  Cooks Choice	25	26

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.

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

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

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

Lunch: \$2.60 Breakfast: \$1.75