

SCHOOL LUNCH MENU
ROCK CREEK JR/SR HIGH SCHOOL
AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			16	17
			Breakfast Pizza Crispitos Refried Beans Corn Tossed Salad/drsg Cantaloupe Ice Cream *Pizza	Biscuits & Gravy Hamburger/bun Chips Carrot Sticks Banana Cookie *Crispitos
20	21	22	23	24
Mini Waffles/sausage Deli Ham & Cheese Sandwich Sun Chips Broccoli Watermelon *Hamburger	Pancake Sausage Stick Pepperoni Pizza Romaine Salad/drsg Cherry Tomatoes Fruit Cocktail *Deli Ham Sandwich	Coffeecake Taco Burger/bun Shredded Romaine Diced Tomatoes Refried Beans Tortilla chips Banana *Pizza	French Toast Sticks Lasagna Garden Salad/drsg Garlic Breadstick w/marinara sauce Choc Chip Cookie(9-12) Apple *Taco Burger	Biscuits & Gravy Chicken Patty Mashed Potatoes/gravy Green Beans Pears Hot Roll *Pizza
27	28	29	30	31
Breakfast Pizza Sweet & Sour Chicken Nuggets over Br Rice Stir Fry Vegetables Cherry Tomatoes Celery Sticks Applesauce *Chicken Patty Sand	Donut Super Nachos Refried Beans Romaine Salad/drsg Fresh Mixed Fruit Cup *Sweet & Sour Chicken	Sausage/egg Biscuit Cheese Breadsticks w/marinara Sauce Garden Spinach Salad/drsg Corn Carrot Sticks Watermelon *Nachos	Muffin/yogurt Pulled Pork Sand Creamy Cole Slaw Baked Beans Fresh Strawberries *Pizza	Biscuit & Gravy Breaded Beef Strips Mashed Potatoes/gravy Steamed Carrots Pineapple Chunks Hot Roll *Pulled Pork Sand

Milk: \$.45

Lunch Prices: 7-12 \$3.10, Adult \$3.75

Breakfast: K-12 \$1.90, adult \$2.10

*a la carte

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.

This institute is an equal opportunity provider

SCHOOL LUNCH MENU
ST. GEORGE ELEMENTARY & WESTMORELAND ELEMENTARY
AUGUST 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			16	17
			Breakfast Pizza Crispitos Refried Beans Corn Tossed Salad/drsg Cantaloupe	Biscuits & Gravy Hamburger/bun Chips Carrot Sticks Banana Cookie
20	21	22	23	24
Mini Waffles/sausage Ham & Cheese Sandwich Sun Chips Broccoli Watermelon	Pancake Sausage Stick Pepperoni Pizza Romaine Salad/drsg Cherry Tomatoes Celery Sticks Fruit Cocktail Ice Cream	Coffeecake Taco Burger/bun Shredded Romaine Diced Tomatoes Tortilla Chips(5-12) Refried Beans Banana	French Toast Stick Lasagna Garden Salad/drsg Garlic Breadstick w/marinara sauce Baby Carrots Choc Chip Cookie Apple	Biscuits & Gravy Chicken Patty Mashed Potatoes/gravy Green Beans Pears WW Roll
27	28	29	30	31
Breakfast Pizza Sweet & Sour Chicken Nuggets over Br Rice Stir Fry Vegetables Cherry Tomatoes Celery Sticks Applesauce	Donut Super Nachos Refried Beans Green Beans Fresh Mixed Fruit Cup	Sausage/egg Biscuit Cheese Breadsticks w/marinara Sauce Garden Spinach Salad/drsg Corn Carrot Sticks Watermelon	Muffin/Yogurt Pulled Pork Sand Creamy Cole Slaw Baked Beans Fresh Strawberries	Biscuits & Gravy Breaded Beef Strips Mashed Potatoes/gravy Steamed Carrots Pineapple Chunks Roll

Milk: \$.45
Lunch prices:
K-6 \$2.80
7-12 3.10
Adult 3.75
Breakfast prices:
K-12 \$1.90
Adult \$2.10

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.

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 1/2 cup fruit or 1/2 cup vegetable or a combination to make up 1/2 cup.

Half pint cartons of milk offered with each meal—choice of skim, 1% white or 1/2% chocolate.

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