

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Pop tart/yogurt  Beef Ravioli WW Roll (9-12) Steamed Corn Garden Salad Fresh Orange *Pizza
4	5	6	7	8
Breakfast Pizza  Mini Meatball Sub Jo Jo Potatoes Romaine Salad Mix Pineapple Chunks *Pizza	WG Donut  BBQ Chicken Drumstick WW Roll/jelly Baked Beans Steamed Broccoli/cheese Apricots *Meatball Sub	Sausage/Egg Biscuit  Chicken & Noodle Soup WG Biscuit/honey Cherry Tomatoes Cucumber Slices Banana *BBQ Nuggets	Muffin/cheese stick  Pepperoni Pizza Romaine Salad Corn Orange *Pretzel	Breakfast Burrito  Mini Pancakes Sausage Patty Fresh Sugar Snap Peas Hash Brown Patty Peaches *Pepp Pizza
11	12	13	14	15
Mini Waffle/sausage  Hot Ham & Cheese/bun Sunchips Broccoli Florets Baby Carrots (9-12) Fruit Cocktail *Pizza	Pancake Sausage Stick  Taco Burger/bun Tortilla Chips/salsa Shredded Lettuce Diced Tomatoes Refried Beans Mango Slices *Hot Ham & Cheese	Coffeecake  Cheese Pizza Romaine Salad Cherry Tomato Celery Sticks Mixed Fruit Cup *Taco Burger Sand	French Toast Stick  Lasagna Garlic Breadstick Marinara Sauce Green Beans Apple Choc Chip Cookie *Pizza	Biscuit & Gravy  Chicken Patty WW Roll (9-12) Mashed Potatoes/gravy Peas Pears *Pizza
18	19	20	21	22
No School	WG Donut  Super Nachos Refried Beans Mixed Vegetables Peaches *Chicken Patty Sand	Sausage Biscuit  Sweet & Sour Chick Nuggets Seasoned Brown Rice Stir Fry Vegetables Celery Sticks Applesauce *Nachos	Muffin/Cheese stick  Pulled Pork/bun Creamy Cole Slaw Baked Beans Fresh Strawberries *Sweet & Sour Nuggets	Biscuit & Gravy Cheese Breadsticks/Marinara Corn Romaine Salad Clementines *Pork Sandwich
25	26	27	28	
Mini Waffle/sausage  Popcorn Chicken Mashed Potatoes/gravy Green Beans Grapes Blueberry Muffin *Cheese Breadsticks	Pancake Sausage Stick  Crispitos Refried Beans Romaine Salad Broccoli Florets Peaches *Popcorn chicken	Coffeecake  Chicken Teriyaki Rice Corn Applesauce WW Roll(9-12) *Crispitos	French Toast Sticks Hamburger/bun Lettuce Leaf Tomato Slice Sweet Potato Tots Red Bell Pepper Strips Orange *Chicken Teriyaki	

\*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.

Lunch: \$3.10 Breakfast: \$1.90 All menus are subject to change without notice. This institute is an equal opportunity provider

**SCHOOL LUNCH MENU**  
**ST GEORGE ELEMENTARY & WESTMORELAND ELEMENTARY**  
**FEBRUARY 2019**

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				1
				1
4	5	6	7	8
Breakfast Pizza  Mini Meatball Sub Jo Jo Potatoes Romaine Salad Mix Pineapple Chunks	WG Donut  BBQ Chicken Drumstick WW Roll/jelly Baked Beans Steamed Broccoli/cheese Apricots	Sausage/Egg Biscuit  Chicken & Noodle Soup WG Biscuit/honey Cherry Tomatoes Cucumber Slices Banana	Muffin/cheese stick  Pepperoni Pizza Romaine Salad Corn Orange	Breakfast Burrito  Mini Pancakes Sausage Patty Fresh Sugar Snap Peas Hash Brown Patty Peaches
11	12	13	14	15
Mini Waffle/sausage  Hot Ham & Cheese/bun Sunchips Broccoli Florets Fruit Cocktail	Pancake Sausage Stick  Taco Burger/bun Shredded Lettuce Diced Tomatoes Tortilla Chips (5-12) Refried Beans Banana	Coffeecake  Cheese Pizza Romaine Salad Celery Sticks Cherry Tomato Mixed Fruit Cup	French Toast Stick  Lasagna Garlic Breadstick Marinara Sauce Green Beans Carrot Sticks Apple Choc Chip Cookie	Biscuit & Gravy  Chicken Patty WW Roll (9-12) Mashed Potatoes/gravy Peas Pears
18	19	20	21	22
No School	WG Donut  Super Nachos Refried Beans Mixed Vegetables Peaches	Sausage Biscuit  Sweet & Sour Chick Nuggets Seasoned Brown Rice Stir Fry Vegetables Celery Sticks Applesauce	Muffin/Cheese stick  Pulled Pork/bun Creamy Cole Slaw Baked Beans Fresh Strawberries	Biscuit & Gravy  Cheese Breadsticks/Marinara Corn Romaine Salad Clementines
25	26	27	28	
Mini Waffle/sausage  Popcorn Chicken Mashed Potatoes/gravy Green Beans Blueberry Muffin Grapes	Pancake Sausage Stick  Crispitos Refried Beans Romaine Salad Broccoli Florets Peaches	Coffeecake  Chicken Teriyaki Rice Corn Applesauce	French Toast Sticks  Hamburger/bun Lettuce Leaf Tomato Slice Sweet Potato Tots Red Bell Pepper Strips Orange	

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

Lunch: \$2.80 Breakfast: \$1.90

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