

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

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Pancake Sausage Stick Hamburger/bun Baked Beans Romaine Salad/drsg Cherry Tomatoes Baby Carrots Grapes *Pork Rib	Coffeecake Corndog Fries Peas Fruit Cocktail *Hamburger	French Toast Sticks Pepperoni Pizza Steamed Broccoli Romaine salad Mixed Fruit Cup *Corndog	Biscuits & Gravy Chicken Patty Sandwich Baked Lays Chips Green Beans Pears *Pizza
7	8	9	10	11
Breakfast Pizza Stuffed Crust.Pizza Carrot Sticks Romaine Salad/drsg Pineapple Chunks Choc Chip Cookie *Chicken Patty Sand	WG Donut/yogurt Cheese Breadsticks w/marinara sauce Green Beans Romaine Salad/drsg Orange *Pizza	Sausage Biscuit Meatball Sub Jo Jo Potatoes Mixed Pepper Strips Cucumber Slices Fresh Strawberries *Cheese Breadsticks	Muffin/cheese stick Crispito Romaine Salad/drsg Corn Refried beans Fruit cocktail *Pretzel	Mini Pancakes Chicken Fried Steak Mashed Potatoes/gravy Steamed Broccoli Peaches WW Roll *Crispito
14	15	16	17	18
Mini Waffles/sausage Chicken Nuggets Mashed Potatoes/gravy Corn Grapes WW Hot Roll (9-12) *Chicken Fried Steak	Pancake on stick Chicken Quesadilla Refried Beans Green Beans Tossed Salad Applesauce *chicken Nuggets	Coffeecake Popcorn Chicken Sweet Potato Fries Carrot Coins Peaches WW Roll *Quesadilla	French Toast Stick Pizza Peas Ice Cream Pears *Popcorn Chicken	Biscuits & Gravy Taco Burger Shredded Lettuce Diced Toamtoes Tortilla Chips Salsa Banana *Pizza
21	22	23	24	
Breakfast Pizza Cooks Choice	Donut/yogurt Cooks Choice	Cooks Choice	Brown Bag Lunch Ham & Cheese Sandwich Doritos Chips Carrots Sticks Apple	

*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: \$3.00 Breakfast: \$1.75

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

SCHOOL LUNCH MENU
ST GEORGE ELEMENTARY & WESTMORELAND ELEMENTARY
May 2018

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Pancake Sausage Stick Hamburger/bun Baked Beans Romaine Salad/drsg Cherry Tomatoes Baby Carrots Grapes	Coffeecake Corndog Fries Peas Fruit Cocktail	French Toast Sticks Pepperoni Pizza Steamed Broccoli Romaine salad Mixed Fruit Cup	Biscuits & Gravy Chicken Patty Sandwich Baked Lays Chips Green Beans Pears
7	8	9	10	11
Breakfast Pizza Pizza Carrot Sticks Romaine Salad/drsg Pineapple Tidbits Choc Chip Cookie	WG Donut/yogurt Cheese Breadsticks w/marinara sauce Green Beans Romaine Salad/drsg Orange	Sausage Biscuit Meatball Sub Jo Jo Potatoes Mixed Pepper Strips Cucumber Slices Fresh Strawberries	Muffin/cheesestick Crispito Romaine Salad/drsg Corn Refried beans Fruit cocktail	Mini Pancakes Chicken Fried Steak Mashed Potatoes/gravy Steamed Broccoli Peaches Roll
14	15	16	17	18
Mini Waffles/sausage Chicken Nuggets Mashed Potatoes/gravy Corn Grapes	Pancake on Stick Cheese Quesadilla Refried Beans Green Beans Tossed Salad Applesauce	Coffeecake Popcorn Chicken Sweet Potato Fries Steamed Carrots Peaches	French Toast Stick Pizza Peas Pears Ice Cream	Biscuit & Gravy Taco Burger Shredded Lettuce Diced Tomatos Tortilla Chips Salsa Strawberries
21	22	23	24	25
Breakfast Pizza Cooks Choice	Donut/yogurt Cooks Choice	Cooks Choice	Brown Bag Lunch Ham & Cheese Sand Chips Carrots Sticks Apple	

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.

Lunch: \$2.70 Breakfast: \$1.75

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