

**SCHOOL LUNCH MENU**  
**ROCK CREEK JR/SR HIGH SCHOOL**  
**NOVEMBER 2018**

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			French Toast Sticks Taco Salad/Tortilla Chips Red Bell Pepper Strips Refried Beans Romaine Lettuce Peaches Cinnamon Puff *Cheeseburger	Biscuit & Gravy  Chicken & Noodles WW Roll Mashed Potatoes Baby Carrots Grapes *Pizza
5	6	7	8	9
Breakfast Pizza  Hamburger/bun Sweet Potato Fries Baked Beans Pears *Nachos	Donut  Chili Tortilla Chips(9-12) Mixed Pepper Strips Broccoli Florets Peaches Cinnamon Roll *Hamburger	Sausage Biscuit  Chicken Nuggets WW Roll Mashed Potatoes/gravy Corn Strawberries & Bananas *Chili	Breakfast Burrito  Creamy Mac & Cheese Meatballs WW Bread/jelly Peas Carrot Sticks Apple *Chicken Nuggets	No School
12	13	14	15	16
Mini Waffles  Hot Dog/bun Roasted Red Potatoes Broccoli/cheese Applesauce *Pizza	Pancake on Stick  Ham & Cheese Sub Lettuce Leaf Tomato Slice Carrot Sticks Cucumber Slices Pineapple Chunks *Hot Dog	Coffeecake  Salisbury Steak Mashed Potato/gravy Green Beans WW Roll Fruit Cocktail *Pizza	French Toast Sticks  Stuffed Crust Pepperoni Pizza Mixed Romaine Salad Corn Apple *Salisbury Steak	Biscuit & Gravy  Popcorn Chicken Baked Beans Jo Jo Potatoes Peaches WW Roll (9-12) *Pizza
19	20	21	22	23
Breakfast Pizza  Turkey Mashed Potato/gravy Peas WW Roll Pumpkin Dessert Pears *Popcorn Chicken	Donut  Cooks Choice	No School	Happy Thanksgiving	
26	27	28	29	30
Mini Waffles  Corn Dog Baked Beans Romaine Salad Mix Pears Sun Chips *Pizza	Pancake sausage Stick  Taco Soup Tortilla Chips Salsa Refried Beans Apple *Corn Dog	Coffeecake  Pork Rib/bun Lettuce Leaf Sweet Potato Puffs Fruit Cocktail *Taco Soup	French Toast Sticks  Chicken Quesadilla Tortilla Chips (9-12) Black Bean & Corn Salsa(9-12) Broccoli florets Baby Carrots Banana *Rib Sandwich	Biscuit & Gravy  Cowboy Cavatina WW Roll Corn Mixed Romaine Salad Peaches *Quesadilla

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. 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  
 \*alacarte

**SCHOOL LUNCH MENU**  
**ST GEORGE ELEMENTARY & WESTMORELAND ELEMENTARY**  
**NOVEMBER 2018**

	Tuesday	Wednesday	Thursday	Friday
			1 French Toast Sticks Taco Salad/Tortilla Chips Red Bell Pepper Strips Refried Beans Romaine Lettuce Peaches Cinnamon Puff	2 No School
5 Breakfast Pizza Hamburger/bun Sweet Potato Fries Baked Beans Pears	6 Donut Chili Mixed Pepper Strips Broccoli Florets Peaches Cinnamon Roll	7 Sausage Biscuit Chicken Nuggets WW Roll Mashed Potatoes/gravy Corn Strawberries & Bananas	8 No School	9 No School
12 Mini Waffles Hot Dog/bun Roasted Red Potatoes Broccoli/cheese Applesauce	13 Pancake on Stick Ham & Cheese Sub Lettuce Leaf Tomato Slice Carrot Sticks Cucumber Slices Pineapple Chunks	14 Coffeecake Salisbury Steak Mashed Potato/gravy Green Beans WW Roll Fruit Cocktail	15 French Toast Sticks Stuffed Crust Pepperoni Pizza Mixed Romaine Salad Corn Apple	16 Biscuit & Gravy Popcorn Chicken Baked Beans Jo Jo Potatoes Peaches
19 Breakfast Pizza Turkey Mashed Potato/gravy Peas WW Roll Pumpkin Dessert Pears	20 Donut Cooks Choice	21 No School	22 Happy Thanksgiving	23
26 Mini Waffles Corn Dog Baked Beans Romaine Salad Mix Pears Sun Chips	27 Pancake sausage Stick Taco Soup Tortilla Chips Salsa Refried Beans Apple	28 Coffeecake Pork Rib/bun Lettuce Leaf Sweet Potato Puffs Fruit Cocktail	29 French Toast Sticks Chicken Quesadilla Broccoli florets Baby Carrots Banana	30 Biscuit & Gravy Ravioli WW Roll Corn Mixed Romaine Salad Peaches

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: \$2.80 Breakfast: \$1.90

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