

SCHOOL LUNCH MENU
ROCK CREEK HIGH SCHOOL
MAY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">3</p> Mini Waffles Beef & Bean Burrito Tortilla Chips/salsa Shredded Lettuce Diced Tomatoes Corn Canned/Fresh Fruit	<p style="text-align: right;">4</p> Cereal/yogurt Grilled Chicken Sandwich Peas Baked Beans Cookie Canned/Fresh Fruit *Beef & Bean Burrito	<p style="text-align: right;">5</p> Long John Crispito Romaine Salad Baby Carrots Canned/Fresh Fruit	<p style="text-align: right;">6</p> Breakfast Pizza Ham Cheese Sandwich Chips Carrots Cookie Canned/Fresh Fruit	<p style="text-align: right;">7</p> Biscuit & Gravy Country Fried Steak Mashed Potatoes/gravy Steamed Broccoli WW Roll Canned/Fresh Roll *Pizza
<p style="text-align: right;">10</p> French Toast Sticks Hamburger/bun Lettuce Leaf Tomato Slice Oven Fries Canned/Fresh Fruit	<p style="text-align: right;">11</p> Cereal/yogurt Popcorn Chicken Sliced Cucumbers Romaine Salad Cinnamon Roll Canned/Fresh Fruit *Hamburger	<p style="text-align: right;">12</p> Coffee Cake Hot Dog/bun Sweet Potato Fries Green Beans Canned/fresh Fruit	<p style="text-align: right;">13</p> Breakfast Burrito Chicken Nuggets Mashed Potatoes/gravy Corn WW Roll Fresh/canned Fruit	<p style="text-align: right;">14</p> Pancake Sausage Stick Macaroni & Cheese Meatballs Baked Beans Baby Carrots WW Bread Slice Canned/Fresh Fruit *Pizza
<p style="text-align: right;">17</p> Mini Waffles Rib Sandwich Sweet Potato Fries Baked Beans Canned/fresh fruit	<p style="text-align: right;">18</p> Cereal/yogurt Crisпитos & Tortilla Chips Salsa Refried Beans Romaine Salad Canned/fresh fruit *Pizza	<p style="text-align: right;">19</p> Long John Corndog Green Beans Tater Tots Cookie Canned Fresh Fruit	<p style="text-align: right;">20</p> Breakfast Pizza Quesadilla Romaine Salad Broccoli Florets Canned Fresh Fruit	<p style="text-align: right;">21</p> Biscuit & Gravy Cooks Choice Canned Fresh Fruit *Pizza
<p style="text-align: right;">24</p> French Toast Sticks Cheeseburger/bun Sweet Potato Fries Baked Beans Fresh/Canned Fruit	<p style="text-align: right;">25</p> Cereal/yogurt Pepperoni Pizza Corn Romaine Salad Canned/Fresh Fruit *cheeseburger	<p style="text-align: right;">26</p> Coffee Cake Cooks Choice Canned/Fresh Fruit		

*ala carte Tues & Fri

Every day at lunch: Deli sandwich or chef salad in lieu of main dish, fresh fruit & vegetables available (middle school). 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: \$3.25 Breakfast: \$2.05

This is an equal opportunity provider.



Monday	Tuesday	Wednesday	Thursday	Friday
Mini Waffles 3 Beef & Bean Burrito Tortilla Chips/ salsa Shredded Lettuce Diced Tomatoes Corn Canned/ Fresh Fruit	Cereal/ Yogurt 4 Grilled Chicken Sandwich Peas Baked Beans Cookie Canned/ Fresh Fruit	Long John 5 Crispito Romaine Salad Baby Carrots Canned/ Fresh Fruit	Breakfast Pizza 6 Ham & Cheese Sandwich Chips Carrots Cookie Canned/ Fresh Fruit	Biscuit & Gravy 7 Country Fried Steak Mashed Potatoes/ gravy Steamed Broccoli WW Roll Canned/ Fresh Fruit
French Toast Sticks 10 Hamburger/ bun Lettuce Leaf Tomato Slice Oven Fries Canned/ Fresh Fruit	Cereal/ yogurt 11 Popcorn Chicken Sliced Cucumber Romaine Salad Cinnamon Roll Canned/ Fresh Fruit	Coffee Cake 12 Hot Dog/ bun Sweet Potato Fries Green Beans Canned/ Fresh Fruit	Pop Tart/ cheese stick 13 Chicken Nuggets Mashed Potatoes/ gravy Corn WW Roll Canned/ Fresh Fruit	Pancake Sausage Stick 14 Macaroni & Cheese Meatballs Baked Beans Baby Carrots WW Bread Canned/ Fresh Fruit
Mini Waffles 17 Pork Rib/ bun Sweet Potato Fries Baked Beans Canned/ Fresh Fruit	Cereal/ yogurt 18 Crispito & Tortilla Chips w/ salsa Refried Beans Romaine Salad Canned/ Fresh Fruit	Donut 19 Corn Dog Green Beans Tater Tots Cookie Canned/ Fresh Fruit	Breakfast Burrito 20 Quesadilla Romaine Salad Broccoli Florets Canned/ Fresh Fruit	Biscuit & Gravy 21 Cooks' Choice Vegetable Canned/ Fresh Fruit
French Toast Stick 24 Cheeseburger/ bun Sweet Potato Fries Baked Beans Canned/ Fresh Fruit	Cereal/ yogurt 25 Pepperoni Pizza Corn Romaine Salad Canned/ Fresh Fruit	Coffee Cake 26 Cooks' Choice Entrée Vegetable Canned/ Fresh Fruit	<u>May National Days</u> Military Appreciation Month Hamburger Month Mother's Day - May 9 Take Your Parents to the Playground Day - May 16	

Every day at breakfast: Juice and canned or fresh fruit available

Every day at lunch: fresh fruit & vegetables available. Students will be served all items. 5-8 Deli Sandwich or chef salad in lieu of main dish is available. Half pint cartons of milk offered with each meal—choice of skim, 1% white or ½% chocolate.

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Breakfast prices: K-12 \$2.05 Adult \$2.40

Lunch prices: K-4 \$2.95 6-12 \$3.25 Adult \$3.95

Milk: \$.50

