

November

Monday	Tuesday	Wednesday	Thursday	Friday
	Cereal/ yogurt 1 Taco Salad & Tortilla Chips/ salsa Red Bell Pepper Strips Refried Beans Cinnamon Puff Canned/ Fresh Fruit	Long John 2 Hotdog/ Bun Roasted Red Potatoes Broccoli w/ cheese Canned/ Fresh Fruit	Breakfast Burrito 3 Chicken & Noodles Mashed Potatoes Baby Carrots WW Roll Canned/ Fresh Fruit	4 
7 Pancake Sausage Stick Pork Rib Sandwich Lettuce Leaf Tomato Slice Sweet Potato Waffle Fries Canned/ Fresh Fruit	Cereal/Yogurt 8 Corn Dog Steamed Carrots Crinkle Cut Fries Snickerdoodle Canned/ Fresh Fruit	Coffeecake 9 Chicken Quesadilla Corn Broccoli Florets Baby Carrots Canned/ Fresh Fruit	10 	11 
Breakfast Pizza 14 Beef & Bean Burrito Tortilla Chips (9-12) Salsa Romaine Lettuce Corn Canned/ Fresh Fruit	Cereal/Yogurt 15 Crispito & Cheese Sauce Tortilla Chips Salsa Romaine Salad Refried Beans Canned/ Fresh Fruit	Donut 16 Grilled Chicken Sandwich Peas Baked Beans Royal Brownie (5-12) Canned/ Fresh Fruit	Sausage Biscuit 17 Turkey & Cheese Sandwich Broccoli Florets Sweet Potato Fries Canned/ Fresh Fruit	18 French Toast Sticks Salisbury Steak Mashed Potatoes/ gravy Green Beans WW Roll Canned/ Fresh Fruit
21 Pancake Sausage Stick Chicken Leg Mashed Potatoes/ gravy Corn WW Roll Pumpkin Dessert Canned/ Fresh Fruit	Cereal/ Yogurt 22 Cooks' Choice Entrée Vegetable Canned/ Fresh Fruit	23	24	25
Breakfast Pizza 28 Mini Meatball Sub Ranch Potato Wedges Romaine Salad Canned/ Fresh Fruit	Cereal/ Cheesestick 29 BBQ Chicken Nuggets WW Roll Baked Beans Green Beans Canned/ Fresh Fruit	Longjohn 30 Cheese Pizza Broccoli Florets Romaine Salad Baby Carrots Canned/ Fresh Fruit		

Every day at breakfast students must take 3 items, one of which is a fruit.

Every day at lunch: fresh fruit & vegetables available. Students will be offered - meat/ meat alternate, grain, vegetable, fruit and milk - students take 3 items, one of which must be a ½ cup fruit or vegetable. 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.

All menus are subject to change without notice.

This institute is an equal opportunity provider.

Breakfast prices: K-12 \$2.10 Adult \$2.45

Lunch prices: K-4 \$3.00 5-12 \$3.30 Adult \$4.00 Milk: \$.50

**SCHOOL LUNCH MENU
ROCK CREEK HIGH SCHOOL
NOVEMBER 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
	Cereal/yogurt Taco Salad & Tortilla Chips/salsa Red Bell Pepper Strips Refried Beans Cinnamon Puff Fresh/canned Fruit	Long John Hot Dog/bun Roasted Red Potatoes Broccoli w/cheese Fresh/canned fruit	Breakfast Burrito Chicken & Noodles Mashed Potatoes Baby Carrots WW Roll Canned/Fresh Fruit	NO SCHOOL
Pancake Sausage Stick Pork Rib Sandwich Lettuce Leaf Tomato Slice Sweet Potato Waffle Fries Canned/Fresh Fruit	Cereal/cheesestick Corn Dog Steamed Carrots Crinkle Cut Fries Snickerdoodle Fresh/Canned Fruit	Coffeecake Chicken Quesadilla Tortilla Chips/salsa Corn Broccoli Florets Fresh/canned Fruit	NO SCHOOL	NO SCHOOL
Breakfast Pizza Beef & Bean Burrito Tortilla Chips Romaine Salad Corn Salsa Fresh/Canned Fruit	Cereal/yogurt Turkey Cheese Sub Broccoli Florets Sweet Potato Fries Fresh/canned Fruit	Donut WG Grilled Chicken Sandwich Peas Baked Beans Royal Brownie Canned/Fresh Fruit	Sausage Biscuit Crispito & Cheese sauce Tortilla Chips Salsa Romaine Salad Refried Beans Fresh/canned fruit	French Toast Sticks Salisbury Steak Mashed Potatoes/gravy Green Beans WW Roll Canned/fresh fruit
Pancake Sausage Stick Chicken Leg Mashed Potatoes/gravy Corn WW Roll Pumpkin Dessert Fresh/canned Fruit	Cereal/cheesestick Cooks Choice Entrée Vegetable Fresh/canned Fruit	NO SCHOOL	HAPPY THANKSGIVING	NO SCHOOL
Breakfast Pizza Mini Meatball Sub Ranch Potato Webges Romaine Salad Fresh/Canned Fruit	Cereal/yogurt BBQ Chicken Nuggets WW Roll Baked Beans Green Beans Canned/Fresh Fruit	Long John Cheese Pizza Broccoli Florets Baby Carrots Romaine Salad Fresh/canned fruit		

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 1% chocolate.

All menus are subject to change without notice.

This institute is an equal opportunity provider.

Milk: \$.50

Lunch prices: K-4 \$3.00 5-12 \$3.30 Adult \$4.00

Breakfast prices: K-12 \$2.10 Adult \$2.45