



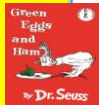
ROCKWOOD ELEMENTARY LUNCH MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.
Minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch
Meal or meal alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage
Daily Fruit Selection May Include: oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.**

Nutritious Friends
Look for our Nutritious Friend of the Month on the menu!!



Thursday's

Lunch Prices
Student \$00
Reduced \$.00
Adult \$4.73

BETSY SMITH

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USDA is an equal opportunity provider and employer.

FEBRUARY

Monday

10

Chicken Nuggets
w / Roll
or
Meatball Hoagie

Featured Veggies:
Seasoned Noodles
Baby Carrots
Choice of Fruit
Choice of Milk

Taco Tuesday

11

Chicken Patty
on a Bun
or
Beef Taco

Featured Veggies:
Baked Beans
Toss Salad
Choice of Fruit
Choice of Milk

Wednesday

12

Sloppy Joe
on a Bun
or
Grilled Cheese

Featured Veggies:
Tomato Soup
Fresh Cucumber Slices
Choice of Fruit
Choice of Milk

Thursday

13

Pasta Bake

or
Hamburger
on a Bun

Featured Veggies:
Mixed Veggies
Romaine Salad
Choice of Fruit
Choice of Milk

Pizza Friday!

14

Cheese Pizza

or
Hot Dog
on a Bun

Featured Veggies:
Peas
Fresh Veggies
Choice of Fruit
Choice of Milk

17



18

Beef or Chicken Taco

or
Corn Dog

Featured Veggies:
Corn
Caesar Salad
Choice of Fruit
Choice of Milk

19

Hot Dog
on a Bun
or
Waffles w/ Sausage

Featured Veggies:
Potatoes
Baby Carrots
Choice of Fruit
Choice of Milk

20

Pasta and Sauce
Bread Stick
or
Chicken Patty
on a Bun

Featured Veggies:
Peas
Sliced Cukes
Choice of Fruit
Choice of Milk

21

Pork BBQ
on a Bun
or
Cheesy Pizza
5&6 Cheese or Pepperoni

Featured Veggies:
Sweet Potatoes
Garden Salad
Choice of Fruit
Choice of Milk

24

Popcorn Chicken
with Roll
or
Hamburger
on a Bun

Featured Veggies:
Corn
Baby Carrots
Choice of Fruit
Choice of Milk

25

Beef Taco
5th&6th Walking Taco
or
Chicken Patty

Featured Veggies:
Mashed Potatoes
Fresh Veggies
Choice of Fruit
Choice of Milk

26

Grilled Cheese

or
Chicken & Cheese
on a Bun

Featured Veggies:
Tomato Soup
Carrot Sticks
Choice of Fruit
Choice of Milk

27

Mac & Cheese

or
Meatball Hoagie

Featured Veggies:
Stewed Tomatoes
Salad
Choice of Fruit
Choice of Milk

28

Hot Dog
on a Bun
or
Cheese Pizza Sticks
with Dipping Sauce

Featured Veggies:
Mixed Veggies
Baby Carrots
Choice of Fruit
Choice of Milk

3

Chicken & Gravy & Biscuit
GREEN EGGS & HAM
or
Hot Dog
on a Bun

Featured Veggies:
Mash Potatoes
Carrot Stick
Choice of Fruit
Choice of Milk

4

Nacho Grande

or
Hamburger
on a Bun

Featured Veggies:
Corn
Toss Salad
Choice of Fruit
Choice of Milk

5

Breakfast for Lunch

or
Egg Salad
on a Bun

Featured Veggies:
Hash Brown
Garden Salad
Choice of Fruit
Choice of Milk

6

Pork BBQ
or
Pasta w/ Sauce
5th&6th Pasta Bar

Featured Veggies:
Glazed Carrots
Cukes
Choice of Fruit
Choice of Milk

7

Cheese Pizza
or
Fish Sandwich

Featured Veggies:
Seasoned Mixed Veggies
Salad
Choice of Fruit
Choice of Milk

10

Chicken Tenders
Roll
or
Sloppy Joe
on a Bun

Featured Veggies:
Steamed Broccoli
Tossed Salad
Choice of Fruit
Milk

11

Hot Dog
on a Bun
or
Beef Taco

Featured Veggies:
Baked Beans
Veggie Cup
Choice of Fruit
Choice of Milk

12

Chicken & Cheese
Wrap
or
French Toast & Sausage

Featured Veggies:
Tater Tots
Baby carrots
Choice of Fruit
Choice of Milk

13

Pasta Bake
Roll
or
Chicken Patty
on a Bun

Featured Veggies:
Hot Veggies
Celery Sticks with Ranch
Choice of Fruit
Choice of Milk

14



17

Baked Chicken
with a Roll
or
Ham & Cheese Hoagie

Featured Veggies:
Buttered Noodles
Fresh Veggie Cup
Choice of Fruit
Choice of Milk

18

Corn Dog
or
Beef or Chicken Taco

Featured Veggies:
Corn
Garden Salad
Choice of Fruit
Choice of Milk

19

Cheeseburger
on a Bun
or
BBQ Ribby

Featured Veggies:
Fries
Carrot Sticks
Choice of Fruit
Choice of Milk

20

Mac & Cheese

or
Hot Dog
on a Bun

Featured Veggies:
Stewed Tomatoes
Sliced Cukes
Choice of Fruit
Choice of Milk

21

Cheesy Pizza
or
Chicken & Cheese
Wrap

Featured Veggies:
Steamed Green Beans
Garden Salad
Choice of Fruit
Choice of Milk