



**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 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!!



on Tuesday's in January

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

BETSY SMITH

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USDA is an equal opportunity provider and employer.

Monday 30	Taco Tuesday 31	Wednesday 1	Thursday 2	Pizza Friday! 3
 6 Hamburger On a Bun or Hot Turkey Sandwich Featured Veggies: Broccoli Red Pepper Strips Choice of Fruit Choice of Milk	 7 Beef or Chicken Taco or Meatball Hoagie Featured Veggies: Corn Caesar Salad Choice of Fruit Choice of Milk	8 Hot Dog on a Bun or Pancakes w/ Sausage Featured Veggies: Potatoes Baby Carrots Choice of Fruit Choice of Milk	2 Pasta Bake or Hamburger on a Bun Featured Veggies: Mixed Veggies Romaine Salad Choice of Fruit Choice of Milk	3 Cheese Pizza or Hot Dog on a Bun Featured Veggies: Peas Fresh Veggies Choice of Fruit Choice of Milk
13 Popcorn Chicken with Roll or Hamburger on a Bun Featured Veggies: Corn Baby Carrots Choice of Fruit Choice of Milk	14 Beef Taco 5th&6th Walking Taco or Pork & Sauerkraut Featured Veggies: Mashed Potatoes Fresh Veggies Choice of Fruit Choice of Milk	15 Grilled Cheese or Chicken & Cheese on a Bun Featured Veggies: Tomato Soup Carrot Sticks Choice of Fruit Choice of Milk	9 Lasagna Bread Stick or Chicken Patty on a Bun Featured Veggies: Peas Sliced Cukes Choice of Fruit Choice of Milk	10 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
 20 or Hamburger on a Bun Featured Veggies: Corn Toss Salad Choice of Fruit Choice of Milk	21 Nacho Grande or Hamburger on a Bun Featured Veggies: Corn Toss Salad Choice of Fruit Choice of Milk	22 Breakfast for Lunch or Sloppy Joe on a Bun Featured Veggies: Hash Brown Garden Salad Choice of Fruit Choice of Milk	23 Pork BBQ or Pasta w/ Sauce 5th&6th Pasta Bar Featured Veggies: Glazed Carrots Cukes Choice of Fruit Choice of Milk	24 Cheese Pizza Or Steak & Cheese Hoagie Featured Veggies: Seasoned Mixed Veggies Salad Choice of Fruit Choice of Milk
27 General Tso's Rice or Sloppy Joe on a Bun Featured Veggies: Steamed Broccoli Tossed Salad Choice of Fruit Milk	28 Rocket Hoagie or Beef Taco Featured Veggies: Baked Beans Veggie Cup Choice of Fruit Choice of Milk	29 Chicken & Cheese Wrap or French Toast & Sausage Featured Veggies: Tater Tots Baby carrots Choice of Fruit Choice of Milk	30 Meatloaf or Chicken Patty on a Bun Featured Veggies: Mash Potatoes Celery Sticks with Ranch Choice of Fruit Choice of Milk	31 Hot Dog on a Bun or Cheesy Pizza Featured Veggies: Glazed Carrots Cucumber Slices Choice of Fruit Choice of Milk
3 Chicken Patty on a Bun or Ham & Cheese Hoagie Featured Veggies: Green Beans Fresh Veggie Cup Choice of Fruit ACT 80	4 Meatball Hoagie or Beef or Chicken Taco Featured Veggies: Corn Garden Salad Choice of Fruit Choice of Milk	5 Cheeseburger on a Bun or BBQ Ribby Featured Veggies: Fries Carrot Sticks Choice of Fruit Choice of Milk	6 Mac & Cheese or Turkey and Cheese on a Wrap Featured Veggies: Stewed Tomatoes Sliced Cukes Choice of Fruit Choice of Milk	7 Cheesy Pizza or Chicken & Cheese Wrap Featured Veggies: Steamed Green Beans Garden Salad Choice of Fruit Choice of Milk