

**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!!



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.

<b>MARCH</b>	<b>Taco Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Pizza Friday!</b>
<p><b>Monday</b> <b>24</b> Chicken Nuggets w / Roll or Meatball Hoagie <b>Featured Veggies:</b> Seasoned Noodles, Baby Carrots, Choice of Fruit, Choice of Milk</p>	<p><b>25</b> Chicken Patty on a Bun or Beef or Chicken Taco <b>Featured Veggies:</b> Baked Beans, Toss Salad, Choice of Fruit, Choice of Milk</p>	<p><b>26</b> Sloppy Joe on a Bun or Hot Dog on a Bun <b>Featured Veggies:</b> Fries, Fresh Cucumber Slices, Choice of Fruit, Choice of Milk</p>	<p><b>27</b> Pasta Bake or Hamburger on a Bun <b>Featured Veggies:</b> Mixed Veggies, Romaine Salad, Choice of Fruit, Choice of Milk</p>	<p><b>28</b> Cheese Pizza or Fish Sticks with Roll <b>Featured Veggies:</b> Peas, Fresh Veggies, Choice of Fruit, Choice of Milk</p>
<p><b>31</b> Hamburger On a Bun or Chicken Tender with a Roll <b>Featured Veggies:</b> Broccoli, Red Pepper Strips, Choice of Fruit, Choice of Milk</p>	<p><b>1</b> Beef or Chicken Taco (5&amp;6th Walking Taco) or Corn Dog <b>Featured Veggies:</b> Corn, Caesar Salad, Choice of Fruit, Choice of Milk</p>	<p><b>2</b> Hot Dog on a Bun or Pancakes w/ Sausage <b>Featured Veggies:</b> Potatoes, Baby Carrots, Choice of Fruit, Choice of Milk</p>	<p><b>3</b> Pasta and Sauce Bread Stick or Chicken Patty on a Bun <b>Featured Veggies:</b> Peas, Sliced Cukes, Choice of Fruit, Choice of Milk</p>	<p><b>4</b> Egg Salad on a Bun or Cheesy Pizza (5&amp;6 Cheese or Pepperoni) <b>Featured Veggies:</b> Sweet Potatoes, Garden Salad, Choice of Fruit, Choice of Milk</p>
<p><b>7</b> Popcorn Chicken with Roll or Hamburger 5&amp;6th SALAD BAR <b>Featured Veggies:</b> Corn, Baby Carrots, Choice of Fruit, Choice of Milk</p>	<p><b>8</b> Beef Taco 5th&amp;6th Walking Taco or Chicken Patty <b>Featured Veggies:</b> Mashed Potatoes, Fresh Veggies, Choice of Fruit, Choice of Milk</p>	<p><b>9</b> Grilled Cheese or Chicken &amp; Cheese on a Bun <b>Featured Veggies:</b> Tomato Soup, Carrot Sticks, Choice of Fruit, Choice of Milk</p>	<p><b>10</b> Mac &amp; Cheese or Meatball Hoagie <b>Featured Veggies:</b> Stewed Tomatoes, Salad, Choice of Fruit, Choice of Milk</p>	<p><b>11</b> Hot Dog on a Bun or Cheese Pizza Sticks with Dipping Sauce <b>Featured Veggies:</b> Mixed Veggies, Baby Carrots, Choice of Fruit, Choice of Milk</p>
<p><b>14</b> General Tso'o Chicken with Rice or Sloppy Joe on a Bun <b>Featured Veggies:</b> Mixed Veggies, Carrot Stick, Choice of Fruit, Choice of Milk</p>	<p><b>15</b> Nacho Grande or Chicken Patty on a Bun <b>Featured Veggies:</b> Corn, Toss Salad, Choice of Fruit, Choice of Milk</p>	<p><b>16</b> Baked Ham /Roll or Meatball Hoagie <b>Featured Veggies:</b> Scalloped Potatoes, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p><b>17</b> Hot Dog or Hamburger on a Bun <b>Featured Veggies:</b> Glazed Carrots, Cukes, Choice of Fruit, Choice of Milk</p>	<p><b>18</b> </p>
<p><b>21</b> </p>	<p><b>22</b> Cheese Burger on a Bun or Beef or Chicken Taco <b>Featured Veggies:</b> Baked Beans, Veggie Cup, Choice of Fruit, Choice of Milk</p>	<p><b>23</b> Chicken &amp; Cheese Wrap or French Toast &amp; Sausage <b>Featured Veggies:</b> Tater Tots, Baby carrots, Choice of Fruit, Choice of Milk</p>	<p><b>24</b> Pasta Bake w/Roll or Chicken Patty on a Bun <b>Featured Veggies:</b> Hot Veggies, Celery Sticks with Ranch, Choice of Fruit, Choice of Milk</p>	<p><b>25</b> Hot Dog on a Bun or Cheesy Pizza <b>Featured Veggies:</b> Glazed Carrots, Cucumber Slices, Choice of Fruit, Choice of Milk</p>
<p><b>28</b> Chicken Bake or Ham &amp; Cheese Hoagie (5&amp;6th SALAD BAR) <b>Featured Veggies:</b> Peas, Fresh Veggie Cup, Choice of Fruit, Choice of Milk</p>	<p><b>29</b> Corn Dog or Beef or Chicken Taco <b>Featured Veggies:</b> Corn, Garden Salad, Choice of Fruit, Choice of Milk</p>	<p><b>30</b> Cheesburger on a Bun or BBQ Ribby <b>Featured Veggies:</b> Fries, Carrot Sticks, Choice of Fruit, Choice of Milk</p>	<p><b>1</b> Chicken Patty on a Bun or Hot Dog on a Bun <b>Featured Veggies:</b> Hot Veggies, Sliced Cukes, Choice of Fruit, Choice of Milk</p>	<p><b>2</b> Cheesy Pizza or Chicken &amp; Cheese Wrap <b>Featured Veggies:</b> Steamed Green Beans, Garden Salad, Choice of Fruit, Choice of Milk</p>

