



# NOVEMBER DECEMBER

# ROCKWOOD ELEMENTARY LUNCH MENU

November

Monday

18

Popcorn Chicken  
w / Roll  
or  
Ham & Cheese  
on a Bun

**Featured Veggies:**  
Broccoli  
Baby Carrots  
Choice of Fruit  
Choice of Milk

Taco Tuesday

19

BBQ Pork  
on a Bun  
or  
Beef Taco

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

Wednesday

20

Sloppy Joe  
on a Bun  
or  
Grilled Cheese

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

Thursday

21

Pasta Bake  
  
or  
Hamburger  
on a Bun

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

Pizza Friday!

22

Cheese Pizza  
  
or  
Hot Dog  
on a Bun

**Featured Veggies:**  
Green Beans  
Fresh Veggies  
Choice of Fruit  
Choice of Milk

25

Hamburger  
On a Bun  
or  
Chicken Tenders  
w/Roll

**Featured Veggies:**  
Green Beans  
Red Pepper Strips  
Choice of Fruit  
Choice of Milk

26

Hot Turkey Sandwich  
w/ Mashed Potatoes  
or  
Beef Taco

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

27

Hot Dog  
on a Bun  
or  
Pork BBQ  
on a Bun

**Featured Veggies:**  
Steamed Veggies  
Baby Carrots  
Choice of Fruit  
Choice of Milk

28



29

2

Popcorn Chicken



3

BBQ Pork  
on a Bun  
or  
Beef Taco

**Featured Veggies:**  
Baked Beans  
Fresh Veggies  
Choice of Fruit  
Choice of Milk

4

Grilled Cheese  
  
or  
Chicken & Cheese  
on a Bun

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

5

Mac & Cheese  
  
or  
Chicken Patty on a Bun

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

6

Turkey & Cheese  
on a Bun  
or  
Cheese Pizza Slices  
with Dipping Sauce

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

9

Chicken & Gravy  
over Biscuit  
or  
Ham BBQ  
on a Bun

**Featured Veggies:**  
Mixed Veggies  
Carrot Stick  
Choice of Fruit  
Choice of Milk

10

Nacho Grande  
  
or  
Hamburger  
on a Bun

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

11

Breakfast for Lunch  
  
or  
Sloppy Joe  
on a Bun

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

12

Pork BBQ  
or  
Pasta w/ Sauce

**Featured Veggies:**  
Broccoli  
Cukes  
Choice of Fruit  
Choice of Milk

13

Cheese Pizza  
  
Or  
Hot Dog

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

16

General Tso's  
Rice  
or  
Sloppy Joe  
on a Bun

**Featured Veggies:**  
Steamed Broccoli  
Tossed Salad  
Choice of Fruit  
Milk

17

Baked Ham w/Roll  
  
or  
Beef Taco

**Featured Veggies:**  
Scalloped Potatoes  
Veggie Cup  
Choice of Fruit  
Choice of Milk

18

Corn Dogs  
Wrap  
or  
French Toast & Sausage

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

19

Hot Dog  
on a Bun  
or  
Chicken Patty  
on a Bun

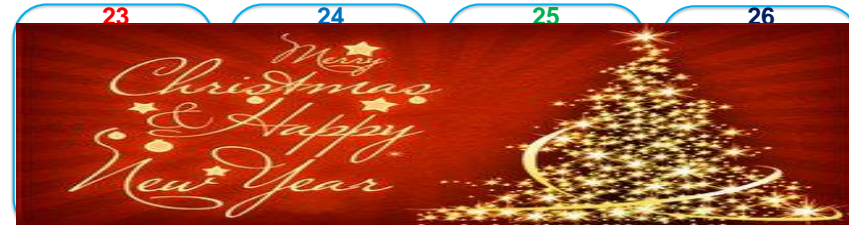
**Featured Veggies:**  
Steamed Peas  
Celery Sticks with Ranch  
Choice of Fruit  
Choice of Milk

20

Chicken & Cheese Wrap  
  
or  
Cheesy Pizza

**Featured Veggies:**  
Glazed Carrots  
Cucumber Slices  
Choice of Fruit  
Choice of Milk

23

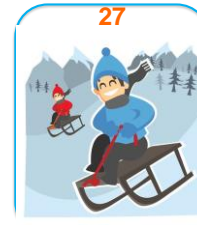


24

25

26

27



**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!!

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

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