

# ROCKWOOD HIGH SCHOOL

## FEBRUARY/MARCH

MONDAY  
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TUESDAY  
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WEDNESDAY  
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THURSDAY  
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FRIDAY  
14

### FEBRUARY

### HAPPY VAENTINE'S DAY

<p>Entrée Chicken Pot Pie</p> <p>or Meatball Hoagie <b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Veggies Choice of Fruit Choice of Milk</p>	<p>Entrée Beef or Chicken Taco or Chicken Patty <b>FEATURED VEGGIES</b> Baked Beans Tossed Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Sloppy Joe on a Bun or Grilled Cheese <b>FEATURED VEGGIES</b> Tomato Soup Veggie Cup Choice of Fruit Choice of Milk</p>	<p>Entrée Pasta with Sauce or Cheeseburger on a Bun <b>FEATURED VEGGIES</b> Mixed Veggie Celery Sticks Choice of Fruit Choice of Milk</p>	<p>Entrée Cheeseburger Tater Tot Bowl or BBQ Pork Wrap <b>FEATURED VEGGIES</b> Peas Fresh Veggie Choice of Fruit Choice of Milk</p>
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	<p>Entrée Beef or Chicken Taco Or Meatball Hoagie <b>FEATURED VEGGIES</b> Corn Tossed Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Breakfast Bar or BBQ Pork on a Bun <b>FEATURED VEGGIES</b> Potatoes Sliced cucumbers Choice of Fruit Choice of Milk</p>	<p>Entrée Chicken Patty or Lasagna Garlic Bread <b>FEATURED VEGGIES</b> Peas Fresh Veggie Choice of Fruit Choice of Milk</p>	<p>Entrée Loaded French Fries or BBQ Ribby on a Bun <b>FEATURED VEGGIES</b> Hot Veggie Mixed Veggies Choice of Fruit Choice of Milk</p>
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<p>Entrée Chicken Mash Potato Bowl or Cheese Burger <b>FEATURED VEGGIES</b> Corn Baby Carrots Choice of Fruit Choice of Milk</p>	<p>Entrée Beef or Chicken Taco or Chicken Parm on a Bun <b>FEATURED VEGGIES</b> Hot Veggies Tossed Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Grilled Cheese or Buffalo Chicken Wrap <b>FEATURED VEGGIES</b> Tomato Soup Fresh Veggies Choice of Fruit Choice of Milk</p>	<p>Entrée Mac &amp; Cheese or Meatball Hoagie <b>FEATURED VEGGIES</b> Stewed Tomatoes Veggie Cup Choice of Fruit Choice of Milk</p>	<p>Entrée Buffalo Chicken Dip Over Tortilla Chins or BBQ Pork On a Bun <b>FEATURED VEGGIES</b> Hot Veggies Baby Carrots Choice of Fruit Choice of Milk</p>
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<b>MARCH</b>				
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<p>Entrée Chicken &amp; Gravy Over Biscuit or BBQ Ham on a Bun <b>FEATURED VEGGIES</b> Mash Potatoes Garden Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Nachos Grande or Cheese Burger <b>FEATURED VEGGIES</b> Corn Fresh Veggies Choice of Milk Choice of Milk</p>	<p>Entrée Breakfast for Lunch or Egg Salad Sandwich <b>FEATURED VEGGIES</b> Potatoes Veggie Cup Choice of Fruit Choice of Milk</p>	<p>Entrée Hawaiian Pork on Ciabatta Roll or Pasta with Sauce <b>FEATURED VEGGIES</b> Glazed Carrots Fresh Cucumbers Choice of Fruit Choice of Milk</p>	<p>Entrée Fish Sandwich or Southwest Chicken &amp; Rice <b>FEATURED VEGGIES</b> Hot Veggies Salad Choice of Fruit Choice of Milk</p>
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<p>Entrée General Tao's Chicken or Sloppy Joe on a Bun <b>FEATURED VEGGIES</b> Broccoli Mixed Veggies Choice of Fruit Choice of Milk</p>	<p>Entrée Hot Ham and Cheese or Beef Taco <b>FEATURED VEGGIES</b> Baked Beans Green Beans Choice of Fruit Choice of Milk</p>	<p>Entrée French Toast Sticks w/ Sausage or Chicken &amp; Cheese Wrap <b>FEATURED VEGGIES</b> Tater Tots Fresh Cauliflower Choice of Fruit Choice of Milk</p>	<p>Entrée Chicken Alfredo or Chicken Patty <b>FEATURED VEGGIES</b> Broccoli Side Garden Salad Choice of Fruit Choice of Milk</p>	
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<p>Entrée Salad Bar or Chicken Lo Mein <b>FEATURED VEGGIES</b> Green Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p>Entrée Choice of Buffalo Chicken or Beef Taco or Meatball Hoagie <b>FEATURED VEGGIES</b> Corn Tossed Salad Choice of Fruit Choice of Milk</p>	<p>Entrée BBQ Ribby or Cowboy Burger <b>FEATURED VEGGIES</b> Fries Chickpea Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Mac &amp; Cheese or Monte Cristo <b>FEATURED VEGGIES</b> Stewed Tomatoes Cole slaw Choice of Fruit Choice of Milk</p>	<p>Entrée Cheese Pizza Sticks with Marinara Dipping Sauce or Buffalo Chicken &amp; Cheese <b>FEATURED VEGGIES</b> Steamed Green Beans Garden Salad Choice of Fruit Choice of Milk</p>
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### What is a Meal?

You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch.

- Meat or Meat Alternate
- Choice of Vegetable
- Choice of Fruit
- Grain/Bread
- Choice of Milk

### Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

### Daily Fruit Choices May Include:

Oranges, Apples, Bananas, Grapes, Pears, Peaches, Cantaloupe, Melon, Strawberries, Applesauce, Pineapple, 100% Fruit Juices, and Mandarin Oranges

### Leave Your Lunch at Home

Daily entrée options may include:  
Cheese Burger on a Bun  
Chicken Patty on a Bun  
Chicken Nuggets with Pretzel Stick  
Cheese or Pepperoni Pizza



Vegetable Garden Salad w/ roll  
Ham or Turkey Salad w/ Roll  
Chef's Salad w/ roll  
Greek Salad w/ Roll  
Strawberry Spinach Salad w/ Roll  
Caprese Pasta Salad with Roll  
Ham & Cheese Wrap or Turkey and Swiss on Baguette  
Buffalo chicken Wrap  
Taco Chicken Roll  
Chicken Caesar Roll  
Roast Beef and Cheddar Wrap



**LUNCH PRICES:**  
Student \$0.00

Adult \$4.73

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