

# ROCKWOOD HIGH SCHOOL

## JANUARY/FEBRUARY

MONDAY  
30

TUESDAY  
31

WEDNESDAY  
1

THURSDAY  
2

FRIDAY  
3



### 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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USDA is an equal opportunity provider and employer.

MONDAY 30	TUESDAY 31	WEDNESDAY 1	THURSDAY 2	FRIDAY 3
hello <b>January!</b>				
			<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>
6	7	8	9	10
<p>Entrée Meatball Hoagie on a Bun or Open Faced Hot Turkey &amp; Gravy <b>FEATURED VEGGIES</b> Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>	<p>Entrée Beef or Chicken Taco Or Buffalo Chicken Wrap <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>
13	14	15	16	17
<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 Pork &amp; Sauerkraut <b>FEATURED VEGGIES</b> Mashed Potatoes 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 Chicken Patty <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>
20	21	22	23	24
	<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 Sloppy Joe <b>FEATURED VEGGIES</b> Potatoes Veggie Cup Choice of Fruit Choice of Milk</p>	<p>Entrée BBQ Pork Sandwich or Pasta Bar <b>FEATURED VEGGIES</b> Glazed Carrots Fresh Cucumbers Choice of Fruit Choice of Milk</p>	<p>Entrée Steak &amp; Cheese Hoagie or Buffalo Chicken &amp; Cheese Wrap <b>FEATURED VEGGIES</b> Hot Veggies Salad Choice of Fruit Choice of Milk</p>
27	28	29	30	31
<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 Meatloaf w/ Mash Potatoes or Chicken Patty <b>FEATURED VEGGIES</b> Steamed Garden Peas Side Garden Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Hot or Mild Sausage Hoagie or Cheese Burger <b>FEATURED VEGGIES</b> Green Beans Mixed Veggies Choice of Fruit Choice of Milk</p>
3	4	5	6	7
<b>FEBRUARY</b>				
<p>Entrée Salad Bar or Chicken Patty on A Bun <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>