

ROCKWOOD HIGH SCHOOL

MARCH/ APRIL



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

MONDAY
24

Entrée
BBQ Chicken & Bacon Flat Bread
or
Meatball Hoagie
FEATURED VEGGIES
Steamed Broccoli
Fresh Veggies
Choice of Fruit
Choice of Milk

TUESDAY
25

Entrée
Beef or Chicken Taco
or
Chicken Patty
FEATURED VEGGIES
Baked Beans
Tossed Salad
Choice of Fruit
Choice of Milk

WEDNESDAY
26

Entrée
Soup & Deli Bar
or
Buffalo Chicken Wrap
FEATURED VEGGIES
Mixed Veggies
Veggie Cup
Choice of Fruit
Choice of Milk

THURSDAY
27

Entrée
Pasta with Sauce or Cheeseburger on a Bun
FEATURED VEGGIES
Mixed Veggie
Celery Sticks
Choice of Fruit
Choice of Milk

FRIDAY
28

Entrée
Cheeseburger Tater Tot Bowl
or
Pierogies
FEATURED VEGGIES
Peas
Fresh Veggie
Choice of Fruit
Choice of Milk

31

1

2

3

4



Entrée
Hamburger on a Bun
or
Chicken Tenders / Roll
FEATURED VEGGIES
Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

Entrée
Beef or Chicken Taco
Or
Meatball Hoagie
FEATURED VEGGIES
Corn
Tossed Salad
Choice of Fruit
Choice of Milk

Entrée
Breakfast Bar or BBQ Pork on a Bun
FEATURED VEGGIES
Potatoes
Sliced cucumbers
Choice of Fruit
Choice of Milk

Entrée
Chicken Patty or Pasta Bar
Garlic Bread
FEATURED VEGGIES
Peas
Fresh Veggie
Choice of Fruit
Choice of Milk

Entrée
Loaded French Fries or Fish on a Bun
FEATURED VEGGIES
Hot Veggie
Coleslaw
Choice of Fruit
Choice of Milk

7

8

9

10

11

Entrée
Chicken Mash Potato Bowl or Cheese Burger
FEATURED VEGGIES
Corn
Baby Carrots
Choice of Fruit
Choice of Milk

Entrée
Beef or Chicken Taco or Chicken Patty on a Bun
FEATURED VEGGIES
Hot Veggies
Tossed Salad
Choice of Fruit
Choice of Milk

Entrée
Grilled Cheese
or
Buffalo Chicken Wrap
FEATURED VEGGIES
Tomato Soup
Fresh Veggies
Choice of Fruit
Choice of Milk

Entrée
Mac & Cheese
or
Steak & Cheese Hoagie
FEATURED VEGGIES
Stewed Tomatoes
Veggie Cup
Choice of Fruit
Choice of Milk

Entrée
Buffalo Chicken Dip Over Tortilla Chins or Egg Salad on a Bun
FEATURED VEGGIES
Hot Veggies
Baby Carrots
Choice of Fruit
Choice of Milk

14

15

16

17

18

Entrée
General Tso's Over Rice or Sloppy Joe
FEATURED VEGGIES
Mixed Veggies
Garden Salad
Choice of Fruit
Choice of Milk

Entrée
Nachos Grande
or
Chicken Patty
FEATURED VEGGIES
Corn
Fresh Veggies
Choice of Milk
Choice of Milk

Entrée
Baked Ham / Roll or Meatball Hoagie
FEATURED VEGGIES
Scalloped Potatoes
Veggie Cup
Choice of Fruit
Choice of Milk

Entrée
Cheese Burger or Buffalo Chicken Wrap
FEATURED VEGGIES
Glazed Carrots
Fresh Cucumbers
Choice of Fruit
Choice of Milk

GOOD FRIDAY

21

22

23

24

25

Happy Easter

Entrée
Bacon Cheese Burger or Taco Bar
FEATURED VEGGIES
Baked Beans
Green Beans
Choice of Fruit
Choice of Milk

Entrée
French Toast Sticks w/ Sausage or Chicken & Cheese Wrap
FEATURED VEGGIES
Tater Tots
Fresh Cauliflower
Choice of Fruit
Choice of Milk

Entrée
Chicken Alfredo or Hot Honey Chicken on a Brioche Bun
FEATURED VEGGIES
Broccoli
Side Garden Salad
Choice of Fruit
Choice of Milk

Entrée
Hot or Mild Sausage Hoagie or Pork BBQ on a Bun
FEATURED VEGGIES
Green Beans
Mixed Veggies
Choice of Fruit
Choice of Milk

28

29

30

1

2



Entrée
Salad Bar or Chicken Bake
FEATURED VEGGIES
Peas
Baby Carrots
Choice of Fruit
Choice of Milk

Entrée
Choice of Buffalo Chicken or Beef Taco or Meatball Hoagie
FEATURED VEGGIES
Corn
Tossed Salad
Choice of Fruit
Choice of Milk

Entrée
BBQ Ribby or Cowboy Burger
FEATURED VEGGIES
Fries
Salad
Choice of Fruit
Choice of Milk

Entrée
Stromboli & Sauce or Chicken Patty
FEATURED VEGGIES
Hot Veggie
Celery Stick
Choice of Fruit
Choice of Milk

Entrée
Buffalo Chicken Dip with Chips or Sloppy Joe
FEATURED VEGGIES
Steamed Green Beans
Garden Salad
Choice of Fruit
Choice of Milk



LUNCH PRICES:
Student \$0.00

Adult \$4.73

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