



# ROCKWOOD HIGH SCHOOL

## November/December



### 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 18	TUESDAY 19	WEDNESDAY 20	THURSDAY 21	FRIDAY 22
<b>NOVEMBER</b>				
Entrée General Tso's Chicken and Rice or Meatball Hoagie <b>FEATURED VEGGIES</b> Steamed Broccoli Fresh Veggies Choice of Fruit Choice of Milk <b>25</b>	Entrée Beef or Chicken Taco or BBQ Pork on A Bun <b>FEATURED VEGGIES</b> Baked Beans Tossed Salad Choice of Fruit Choice of Milk <b>26</b>	Entrée Sloppy Joe on a Bun or Grilled Cheese <b>FEATURED VEGGIES</b> Tomato Soup Veggie Cup Choice of Fruit Choice of Milk <b>27</b>	Entrée Chicken Alfredo or Cheeseburger on a Bun <b>FEATURED VEGGIES</b> Mixed Veggie Celery Sticks Choice of Fruit Choice of Milk <b>28</b>	Entrée Cheeseburger Tater Tot Bowl or BBQ Chicken Wrap <b>FEATURED VEGGIES</b> Peas Fresh Veggie Choice of Fruit Choice of Milk <b>29</b>
<b>HAPPY DECEMBER</b>				
 Entrée Cheese Burger on a Bun or Chicken Tenders w/ Roll <b>FEATURED VEGGIES</b> Green Beans Baby Carrots Choice of Fruit Choice of Milk <b>2</b>	Entrée Hot Turkey Sandwich w/ Mash Potatoes Or Beef Taco <b>FEATURED VEGGIES</b> Corn Tossed Salad Choice of Fruit Choice of Milk <b>3</b>	Entrée Buffalo Chicken & Cheese Wrap or BBQ Pork on a Bun <b>FEATURED VEGGIES</b> Steamed Veggies Sliced cucumbers Choice of Fruit Choice of Milk <b>4</b>		
 Entrée Beef or Chicken Taco or BBQ Pork on a Bun <b>FEATURED VEGGIES</b> Baked Beans Tossed Salad Choice of Fruit Choice of Milk <b>9</b>	Entrée Grilled Cheese or Buffalo Chicken Wrap <b>FEATURED VEGGIES</b> Tomato Soup Fresh Veggies Choice of Fruit Choice of Milk <b>11</b>	Entrée Mac & Cheese or Chicken Patty <b>FEATURED VEGGIES</b> Stewed Tomatoes Veggie Cup Choice of Fruit Choice of Milk <b>12</b>	Entrée Buffalo Chicken Dip Over Tortilla Chins or BBQ Ribby <b>FEATURED VEGGIES</b> Hot Veggies Baby Carrots Choice of Fruit Choice of Milk <b>13</b>	
Entrée Chicken & Gravy Over Biscuit or BBQ Ham on a Bun <b>FEATURED VEGGIES</b> Steamed Mixed Veggies Garden Salad Choice of Fruit Choice of Milk <b>16</b>	Entrée Nachos Grande or Cheese Burger <b>FEATURED VEGGIES</b> Baked Beans Fresh Veggies Choice of Milk Choice of Milk <b>17</b>	Entrée Breakfast for Lunch or Sloppy Joe <b>FEATURED VEGGIES</b> Potatoes Veggie Cup Choice of Fruit Choice of Milk <b>18</b>	Entrée BBQ Pork Sandwich or Pasta Bowl <b>FEATURED VEGGIES</b> Broccoli Fresh Cucumbers Choice of Fruit Choice of Milk <b>19</b>	Entrée Steak & Cheese Hoagie or Buffalo Chicken & Cheese Wrap <b>FEATURED VEGGIES</b> Hot Veggies Salad Choice of Fruit Choice of Milk <b>20</b>
Entrée General Tso's Chicken or Sloppy Joe on a Bun <b>FEATURED VEGGIES</b> Broccoli Mixed Veggies Choice of Fruit Choice of Milk <b>23</b>	Entrée Baked Ham w/ Roll or Beef Taco <b>FEATURED VEGGIES</b> Scalloped Potatoes Green Beans Choice of Fruit Choice of Milk <b>24</b>	Entrée French Toast Sticks w/ Sausage or Chicken & Cheese Wrap <b>FEATURED VEGGIES</b> Tater Tots Fresh Cauliflower Choice of Fruit Choice of Milk <b>25</b>	Entrée Meatball Hoagie or Chicken Patty <b>FEATURED VEGGIES</b> Steamed Garden Peas Side Garden Salad Choice of Fruit Choice of Milk <b>26</b>	Entrée Buffalo Chicken & Cheese Wrap or Cheese Burger <b>FEATURED VEGGIES</b> Green Beans Mixed Veggies Choice of Fruit Choice of Milk <b>27</b>
<b>MERRY CHRISTMAS &amp; HAPPY NEW YEAR</b>				
				



**LUNCH PRICES:**  
Student \$0.00

Adult \$4.73

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