

ROCKWOOD HIGH SCHOOL

MAY

MONDAY
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TUESDAY
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WEDNESDAY
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THURSDAY
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FRIDAY
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<p>Entrée General Tso's Chicken and Rice or Ham & Cheese Melt FEATURED VEGGIES Steamed Broccoli Fresh Veggies Choice of Fruit Choice of Milk</p>	<p>Entrée Beef or Chicken Taco or BBQ Pork on A Bun FEATURED VEGGIES Baked Beans Tossed Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Chicken Parm Sandwich or Sloppy Joe FEATURED VEGGIES Fries Veggie Cup Choice of Fruit Choice of Milk</p>	<p>Entrée Pasta Bar or Cheeseburger on a Bun FEATURED VEGGIES Hot Veggie Celery Sticks Choice of Fruit Choice of Milk</p>	<p>Entrée Chicken Stir Fry Rice or BBQ Chicken Wrap FEATURED VEGGIES Seasoned Broccoli Fresh Veggie Choice of Fruit Choice of Milk</p>
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<p>Entrée Sloppy Joe or Chicken Pot Pie FEATURED VEGGIES Green Beans Baby Carrots Choice of Fruit Choice of Milk</p>	<p>Entrée Taco or Chicken Patty on a Bun FEATURED VEGGIES Corn Tossed Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Cowboy Burger w/ Cheese, Onion Rings, and Hickory Smoke BBQ Sauce or Chicken & Cheese Wrap FEATURED VEGGIES Curly Fries Sliced cucumbers Choice of Fruit Choice of Milk</p>	<p>Entrée Pork & Saurkraut or Buffalo Chicken & Cheese on a Wrap FEATURED VEGGIES Mash Potatoes Fresh Veggie Choice of Fruit Choice of Milk</p>	<p>Entrée Cheeseburger Tater Tot Bowl or BBQ Pork on a Bun FEATURED VEGGIES Hot Veggie Mixed Veggies Choice of Fruit Choice of Milk</p>
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<p>Entrée Chicken Mash Potato Bowl or Cheese Burger FEATURED VEGGIES Corn Baby Carrots Choice of Fruit Choice of Milk</p>	<p>Entrée Beef or Chicken Taco or BBQ Pork on a Bun FEATURED VEGGIES Baked Beans Tossed Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Sausage & Gravy over Biscuit or Buffalo Chicken Wrap FEATURED VEGGIES Steamed Mixed Veggies Fresh Veggies Choice of Fruit Choice of Milk</p>	<p>Entrée French Toast Sticks Sausage or Chicken Patty FEATURED VEGGIES Tots Veggie Cup Choice of Fruit Choice of Milk</p>	<p>Entrée Buffalo Chicken Dip Over Tortilla Chins or Cooks Choice FEATURED VEGGIES Hot Veggies Baby Carrots Choice of Fruit Choice of Milk</p>
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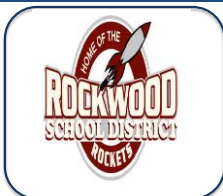
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 <p>Entrée Beef or Chicken Taco or Cheese Burger FEATURED VEGGIES Baked Beans Fresh Fruit Choice of Milk</p>	<p>Entrée Cooks Choice or Chicken Patty FEATURED VEGGIES Fries Veggie Cup Choice of Fruit Choice of Milk</p>	<p>Entrée BBQ Pork Sandwich or Cooks Choice FEATURED VEGGIES Hot Veggie Fresh Cucumbers 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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