

SCHOOL LUNCH MENU
ROCK CREEK JR/SR HIGH SCHOOL
FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			French Toast Sticks Taco Soup Tortilla Chips & Salsa Gr Pepper Strips Peaches *Quesadilla	Pop tart/yogurt Beef Ravioli WW Roll (9-12) Steamed Corn Garden Salad Fresh Orange *Pizza
5	6	7	8	9
Breakfast Pizza Mini Meatball Sub Jo Jo Potatoes Romaine Salad Mix Pineapple Chunks *Pizza	WG Donut BBQ Chicken Nuggets WW Roll/jelly Baked Beans Steamed Broccoli/cheese Apricots *Meatball Sub	Sausage/Egg Biscuit Chicken & Noodle Soup WG Biscuit/honey Cherry Tomatoes Cucumber Slices Banana *BBQ Nuggets	Muffin/cheese stick Pepperoni Pizza Romaine Salad Corn Orange *Pretzel	Breakfast Burrito Mini Pancakes Sausage Patty Fresh Sugar Snap Peas Hash Brown Patty Peaches *Pepp Pizza
12	13	14	15	16
Mini Waffle/sausage Hot Ham & Cheese/bun Sunchips Broccoli Florets Fruit Cocktail *Pizza	Pancake Sausage Stick Taco Burger/bun Tortilla Chips/salsa Shredded Lettuce Diced Tomatoes Refried Beans Mango Slices *Hot Ham & Cheese	Coffeecake Cheese Pizza Romaine Salad Baby Carrots Mixed Fruit Cup *Taco Burger Sand	French Toast Stick Lasagna Garlic Breadstick Marinara Sauce Romaine Salad Apple Choc Chip Cookie *Pizza	Biscuit & Gravy Chicken or Fish Patty Bun Fries Peas Pears *Pizza No School 7-8
19	20	21	22	23
Breakfast Pizza Sweet & Sour Chick Nuggets Seasoned Brown Rice Stir Fry Vegetables Celery Sticks Applesauce *Chicken Patty	WG Donut Super Nachos Refried Beans Mixed Vegetables Peaches *Sweet & Sour Chick Nuggets	Sausage Biscuit Beef Strips Mashed Potatoes/gravy Steamed Carrots WW Roll Fruit Salad *Nachos	Muffin/Cheese stick Pulled Pork/bun Creamy Cole Slaw Baked Beans Fresh Strawberries *Beef Strips	Omelet Cheese Breadsticks/Marinara Corn Romaine Salad Clementines *Pork Sandwich
26	27	28		
Mini Waffle/sausage Hamburger/bun Lettuce Leaf Tomato Slice Sweet Potato Tots Orange *Cheese Breadsticks	Pancake Sausage Stick Crispitos Refried Beans Romaine Salad Broccoli Florets Peaches *Hamburger	Coffeecake Chicken Teriyaki Rice Corn Applesauce WW Roll(9-12) *Crispitos		

*alacarte

Every day at lunch: Deli sandwich or chef salad in lieu of main dish, fresh fruit & vegetables available. Students will be offered 5 items for lunch—meat/meat alternate, grain, vegetable, fruit and milk—students must take 3 items, one of which must be a ½ cup fruit or vegetable.

Every day at breakfast: Cereal in place of main item, juice and canned or fresh fruit available. For breakfast students must take 3 items, one of which is a fruit

Half pint cartons of milk offered with each meal—choice of skim, 1% white or ½% chocolate.

Lunch: \$3.00 Breakfast: \$1.75

All menus are subject to change without notice. This institute is an equal opportunity provider

SCHOOL LUNCH MENU
ST GEORGE ELEMENTARY & WESTMORELAND ELEMENTARY
FEBRUARY 2018

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			French Toast Stick Taco Soup Tortilla Chips/salsa Gr Pepper Strips Peaches	Pop Tart/yogurt Beef ravioli Steamed Corn Garden Salad Fresh Orange
5	6	7	8	9
Breakfast Pizza Mini meatball Sub Jo Jo Potatoes Romaine Salad Mix Pineapple Chunks	WG Donut BBQ Chicken Nuggets WW Roll/jelly Baked Beans Steamed Broccoli/cheese Fruit	Sausage/Egg Biscuit Chicken & Noodle Soup WG Biscuit/honey Cherry Tomatoes Cucumber Slices Banana	Muffin Pepperoni Pizza Romaine Salad Corn Orange	Breakfast Burrito Mini Pancakes Sausage Patty Sugar Snap Peas Hash Brown Patty Apple
12	13	14	15	16
Mini Waffle/sausage Hot Ham & Cheese Sandwich Sunchips Broccoli Florets Fruit Cocktail	Pancake on stick Taco Burger/bun Shredded Lettuce Diced Tomatoes Refried Beans Choc Chip Cookie Mango Slices	Coffeecake Cheese Pizza Romaine Salad Baby Carrots Mixed Fruit Cup	French Toast Stick Chicken Patty Mashed Potato/gravy Peas Pears	Biscuit & Gravy No School
19	20	21	22	23
Breakfast Pizza Sweet and Sour Nuggets Brown Rice Stir Fry Vegetables Celery Sticks Cherry Tomato Applesauce	WG Donut Super Nachos Refried Beans Mixed Vegetables Peaches	Sausage Biscuit Beef Strips Mashed Potatoes/gravy Steamed Carrots WW Roll Fruit Salad	Muffin/cheese stick Pulled Pork Sand Green Beans Baked Beans Strawberries	Omelet/yogurt Cheese Breadstick w/marinara sauce Corn Romaine Salad Clementines
26	27	28		
Mini Waffle/sausage Hamburger/bun Lettuce Leaf Tomato Slice Sweet Potato Tots Orange	Pancake on stick Crispitos Refried Beans Romaine Salad Broccoli Florets Peaches	Coffeecake Chicken Teriyaki Brown Rice Corn Applesauce WW Roll		

Every day at lunch: fresh fruit & vegetables available. Students will be offered 5 items for lunch—meat/meat alternate, grain, vegetable, fruit and milk—students must take 3 items, one of which must be a ½ cup fruit or vegetable.

Every day at breakfast: Cereal in place of main item, juice and canned or fresh fruit available. For breakfast students must take 3 items, one of which is a fruit

Half pint cartons of milk offered with each meal—choice of skim, 1% white or ½% chocolate.

Lunch: \$2.70 Breakfast: \$1.75

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