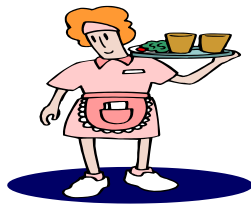


**LUNCH PRICES**

STUDENT PAID \$1.50  
 STUDENT REDUCED \$0.40  
 ADULT \$2.50



**ROCKWOOD  
 SECONDARY LUNCH MENU  
 AUGUST/ SEPTEMBER 2009**



**OFFERED DAILY**

**UP FOR GRABS**  
 A Selection of Salads and Deli Sandwiches

**DELI CORNER**  
 Made to order Hoagies, Sandwiches and Wraps

**J CLARKES GRILL**  
may include:  
 Hot Dog, Burgers, Chicken Patty Sandwich, Chicken Breast Sandwich, Chicken Nuggets, Chicken Fritters, Popcorn Chicken

PLEASE CHOOSE AT LEAST 3 OF THE 5 ITEMS FOR THE SCHOOL LUNCH PRICE: ENTRÉE, CHOICE OF TWO FRUITS AND/OR VEGETABLES, CHOICE OF BREAD, AND DAILY CHOICE OF MILK, 1%, 2%, Lowfat Chocolate, or Nonfat

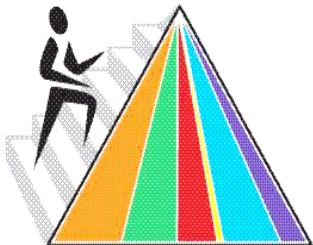
Fruit Choice May Include :  
 Fresh Fruit, Canned Fruit, Fruited Gelatin, Fruit Cobbler, and Fruit Juice

Vegetable Choices May Include :  
 Hot Vegetables, Tossed Salad, Potato Salad, Cole Slaw, Carrot Sticks, Celery Sticks, Oven Fries & Tater Tots

**MENU SUBJECT TO CHANGE!**

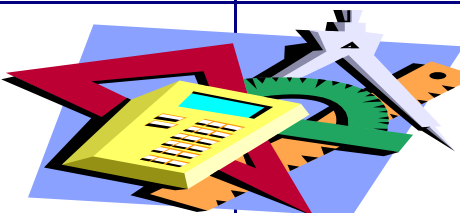
**TRACIE POLLOCK**  
 DIRECTOR,  
 DINING SERVICES  
 814-926-3106

**MyPyramid.gov**  
 Steps to a healthier you!



Monday	Tuesday	Wednesday	Thursday	Friday
31 Signature Entrees Cheeseburger on a Bun J Clarkes Grille Pepperoni Hoagie Featured Fruit & Veggie Sliced Carrots Mixed Fruit	1 Signature Entrees Chicken Nuggets with a Roll J Clarkes Grille Tuna Salad on a Bun Featured Fruit & Veggie California Medley Pineapple Tidbits	2 Signature Entrees Toasted Cheese Sandwich J Clarkes Grille Club ( Turkey, Ham & Cheese ) Hoagie Featured Fruit & Veggie Tomato Soup Applesauce Fun Size Chips	3 Signature Entrees Pasta Cheese Bake w/ Garlic Breadsticks J Clarkes Grille BBQ Burger on a Bun Featured Fruit & Veggie Salad with Dressing Peach Slices	4 Signature Entrees Soft Beef Taco w/ Toppings J Clarkes Grille Hot Ham & Cheese on a Bun Featured Fruit & Veggie Golden Corn Pear Slices
7 LABOR DAY  SCHOOLS CLOSED	8 Signature Entrees Texas Toast Turkey, Cheese, Bacon Melt J Clarkes Grille Chicken Salad & Roll Featured Fruit & Veggie Oven Fries Applesauce	9 Signature Entrees Chicken Patty on a Bun J Clarkes Grille Ham & Cheese Wrap Featured Fruit & Veggie Mixed Veggies Applesauce	10 Signature Entrees Meatball Hoagie J Clarkes Grille BBQ Rib on a Bun Featured Fruit & Veggie Tater Tot Sliced Peaches	11 Signature Entrees Oriental Chicken w/ Rice & Roll J Clarkes Grille Hot Dog on a Bun Featured Fruit & Veggie Steamed Broccoli / Mandarin
14 Signature Entrees Hot Meat Sandwich J Clarkes Grille BBQ Pulled Pork on a Bun Featured Fruit & Veggie Mashed Potatoes & Gravy Peach or Cherry Clobber	15 Signature Entrees Cheeseburger on a Bun J Clarkes Grille Steak & Cheese Hoagie Featured Fruit & Veggie Seasoned Green Beans Pineapple	16 Signature Entrees Toasted Texas Cheese J Clarkes Grille Meat & Cheese Hoagie Featured Fruit & Veggie Homemade Vegetable Soup Pineapple Tidbits	17 Signature Entrees Fish Sandwich J Clarkes Grille Italian Sausage Sandwich Featured Fruit & Veggie Apple Cole Slaw or Potato Salad	18 Signature Entrees Homemade Mac & Cheese J Clarkes Grille BBQ Ham on a Bun Featured Fruit & Veggie Candied Carrots Diced Pears
21 Signature Entrees Hot Ham & Cheese on a Pretzel Roll J Clarkes Grille Chicken Fajita Sub Featured Fruit & Veggie Tater Tots Applesauce	22 Signature Entrees 2 Sloppy Joe on a Bun J Clarkes Grille 2 Hot Dog on a Bun Featured Fruit & Veggie Mixed veggies Assorted jucies	23 Signature Entrees Cheeseburger on a Bun J Clarkes Grille Buffalo Chicken Patty on a Bun Featured Fruit & Veggie Oven fries Applesauce	24 Signature Entrees Reuben Sandwich w/ Pickle J Clarkes Grille Egg Salad on a Bun Featured Fruit & Veggie Seasoned Green Beans Pineapple Tidbits	25 Signature Entrees Homemade Stomboli w/ Sauce J Clarkes Grille TuTuna salad on a Bun Featured Fruit & Veggie Mixed Vegetables Fruited Jello
28 Signature Entrees Chicken Patty on a Bun J Clarkes Grille Meatball Hoagie Featured Fruit & Veggie Scalloped Potatoes Peach Slices	29 Signature Entrees Taco salad & Roll J Clarkes Grille Bacon Cheeseburger on a Bun Featured Fruit & Veggie Steamed corn Pears/ Apple Churros	30 Signature Entrees BBQ Rib on a Bun J Clarkes Grille Hot Dog on a Bun Featured Fruit & Veggie Oven Fries Pineapple Tidbits		

**DEFINITION FOR AUGUST/SEPTEMBER**  
**Cholesterol:** Found in high-fat foods that are made from animals, such as bacon and butter



The Metz & Associates Team Wishes Good Luck to all the Fall Sports Teams!!!



**PIZZA EXPRESS**

**MONDAY**  
 PEPPERONI  
**TUESDAY**  
 SUPREME  
**WEDNESDAY**  
 WHITE  
**THURSDAY**  
 FRENCH BREAD  
**FRIDAY**  
 CHEESY



**Metz & Associates Ltd.**

# **This Month, Commissioner Nutrition Investigates National School Lunch Program—Offer vs. Serve Education**

**Good nutrition and a balanced diet help kids grow up healthy.  
The keys for success to a healthy diet are moderation, balance, and variety.**

The National School Lunch Program provides a variety of healthy choices that must meet 1/3 of the RDA for calories, protein, vitamins & minerals, and no more than 30% calories from fat.

Students are offered all 5 food groups each day— grains, vegetables, fruits, dairy, meats & beans (protein). The students have the option to decline some of the food groups available. However, they must choose at least 3 of the 5 food groups for the meal to be considered a balanced meal.

The cafeteria features at least 3 different fresh fruits and vegetables everyday. The students are able to choose 1 fruit and 1 vegetable as part of their meal. Students have the option to choose the hot vegetable of the day or fresh veggies. They also have the choice of fresh fruit, assorted canned fruit, or 100% fruit juices.

A variety of low fat milk choices are available everyday in the cafeteria.

Whole grain options are available in the cafeteria everyday.

Encourage your child to make healthy choices and choose a variety of foods from each food group so that they receive the daily nutrients needed for health.