

ROCKWOOD ELEMENTARY LUNCH MENU

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price.

Minimum of 1/2 cup serving of fruit or a minimum of 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 - 1% white, and fat-free chocolate

Weekly Vegetable Subgroups May Include:
Dark green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes, red peppers
Beans/Peas
Starchy - white potatoes, corn, and lima beans
Other Vegetables: celery sticks, cucumbers, cauliflower, green peppers, green beans and cabbage

Daily Fruit Selection May Include:
oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

**LEAVE YOUR LUNCHBOX AT HOME!
DAILY ALTERNATES.**

Fresh Entree Salad of the Week

Nutritious Friends
Look for our Nutritious Friend of the Month on the menu!!

Monday

6

Baked Chicken w / Roll or Ham & Cheese on a Bun
Featured Veggies:
Broccoli
Baby Carrots
Choice of Fruit
Choice of Milk

Taco Tuesday

7

Pork BBQ on a Bun or Beef Taco
Featured Veggies:
Baked Beans
Scalloped Potatoes
Choice of Fruit
Choice of Milk

Wednesday

8

Chicken Patty on a Bun or Sloppy Joe on a Bun
Featured Veggies:
Fries
Fresh Cucumber Slices
Choice of Fruit
Choice of Milk

Thursday

9

Pasta Bake or Hamburger on a Bun
Featured Veggies:
Mixed Veggies
Romaine Salad
Choice of Fruit
Choice of Milk

Pizza Friday!

10

Cheese Pizza or Fish Sticks w/ Roll
Featured Veggies:
Hot Veggies
Fresh Veggies
Choice of Fruit
Choice of Milk

13

Sloppy Joe On a Roll or Chicken Pot Pie

Featured Veggies:
Green Beans
Red Pepper Strips
Choice of Fruit

14

Hot Dog on a Bun or Beef or Chicken Taco

Featured Veggies:
Corn
Caesar Salad
Choice of Fruit
Choice of Milk

15

Hamburger on a Bun or Turkey & Cheese Wrap

Featured Veggies:
Fries
Baby Carrots
Choice of Fruit
Choice of Milk

16

Fish Sticks w/ Roll or Chicken & Cheese on a Bun

Featured Veggies:
Seasoned Broccoli
Sliced Cukes
Choice of Fruit
Choice of Milk

17

Pork BBQ on a Bun or Cheesy Pizza

Featured Veggies:
Sweet Potatoes
Garden Salad
Choice of Fruit
Choice of Milk

20

Chicken Nuggets with Roll or Hamburger on a Bun

Featured Veggies:
Corn
Baby Carrots
Choice of Fruit
Choice of Milk

21

BBQ Pork on a Bun or Taco

Featured Veggies:
Baked Beans
Fresh Veggies
Choice of Fruit
Choice of Milk

22

Hot Dog on a Bun or Sausage & Gravy over Biscuit

Featured Veggies:
Mixed Veggies
Carrot Sticks
Choice of Fruit
Choice of Milk

23

French Toast Sticks Sausage or Chicken Patty on a Bun

Featured Veggies:
Tater Tots
Salad
Choice of Fruit
Choice of Milk

24

Fish Sticks Roll or Pizza

Featured Veggies:
Hot Veggies
Baby Carrots
Choice of Fruit
Choice of Milk

27



28

Chicken or Beef Taco or Hot Dog on a Bun

Featured Veggies:
Baked Beans
Toss Salad
Choice of Fruit
Choice of Milk

29

Chicken Patty or BBQ Pork on a Bun

Featured Veggies:
Fries
Garden Salad
Choice of Fruit
Choice of Milk

30

Rocket Hoagie or Cooks Choice

Featured Veggies:
Glazed Carrots
Cukes
Choice of Fruit
Choice of Milk

31

Cheese Pizza Or Cooks Choice

Featured Veggies:
Seasoned Mixed Veggies
Salad
Choice of Fruit
Choice of Milk

22



23



24



25

26

Lunch Prices
Student \$00
Reduced \$.00
Adult \$4.73

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