

FEBRUARY/MARCH



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 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 - 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

Daily Entree Options may include

- Ham & Cheese cubes, Crackers, & Graham Snack
- Grilled Chicken Salad w/ roll
- Fruit & Yogurt Lunch Pack w/Graham Snack & String Cheese

Monday	Tuesday	Wednesday	Thursday	Friday
17 	18 Hot Dog On a Bun or Beef or Chicken Taco Wrap Featured Veggies: Peas Pepper Strips Choice of Fruit Choice of Milk	Pancake Day Chicken & Cheese On a Bun or Pancakes With Sausage Patties Featured Veggies: Tater Tots Broccoli Salad Choice of Fruit Choice of Milk	20 Chicken Patty On a Bun or Pasta Bake Garlic Bread Stick Featured Veggies: Green Beans Cherry Tomatoes Choice of Fruit Choice of Milk	Chili Day Chili & Corn Bread or Cheese Pizza Featured Veggies: Celery Sticks Glazed Carrots Choice of Fruit Choice of Milk
24 Sloppy Joe On a Bun or Popcorn Chicken with a Dinner Roll Featured Veggies: Corn Carrot Sticks Choice of Fruit Choice of Milk	25 Chicken Patty On a Bun or Nachos Grande Tortilla Chips Featured Veggies: Broccoli Carrot Sticks Choice of Fruit Choice of Milk	26 Mac & Cheese On a Bun or Cheese Burger On a Bun Featured Veggies: Stewed Tomatoes Veggie Cup Choice of Fruit Choice of Milk	27 Chicken & Cheese On a Wrap or Grilled Cheese Sandwich Featured Veggies: Tomato Soup Celery Choice of Fruit Choice of Milk	28 Pulled BBQ Pork On a Bun or Cheese Pizza Featured Veggies: Green Beans Chick Pea Salad Choice of Fruit Choice of Milk
DR. Seuss Day Green Eggs/Ham with a Dinner Roll or One Fish Two Fish Sticks with a Dinner Roll Featured Veggies: Carrot Sticks Fries Choice of Fruit Choice of Milk	3 Chicken Patty On a Bun or Beef Taco On a Soft Tortilla Featured Veggies: Baked Beans Veggie Cup Choice of Fruit Choice of Milk	4 Cheese Burger On a Bun or Baked Chicken with a Dinner Roll Featured Veggies: Fries Celery Sticks Choice of Fruit Choice of Milk	5 Steak & Cheese On a Bun or Pasta w/ Meat Sauce Garlic Bread Stick Featured Veggies: Peas Cherry Tomatoes Choice of Fruit Choice of Milk	6 Pancake / Sausage or Stuff Crust Pizza Featured Veggies: Tater Tots Fresh Cuke Slices Choice of Fruit Choice of Milk
9 Cheese Burger on a Bun or Chicken Nuggets with a Dinner Roll Featured Veggies: Tomato Wedges Corn Choice of Fruit Choice of Milk	10 Hot Ham & Cheese On a Bun or Nachos Grande Tortilla Chips Featured Veggies: Chick Pea Salad Green Pepper Strips Choice of Fruit Choice of Milk	11 Chicken Patty On a Bun or Mac & Cheese Featured Veggies: Stewed Tomatoes Cukes Choice of Fruit Choice of Milk	GO FOR THE GREENS BBQ Ham On a Bun or Pasta Bake Garlic Bread Stick Featured Veggies: Green Beans Celery Sticks/Tossed salad Choice of Fruit Milk	13 Cheese Pizza or Hot dog on a Bun Featured Veggies: Steamed Carrots Fries Choice of Fruit Choice of Milk
16 Sloppy Joe on a Bun or Chicken Popcorn with a Dinner Roll Featured Veggies: Corn Cukes Choice of Fruit Choice of Milk	17 Chicken Patty On a Bun or Taco On a Soft Tortilla Featured Veggies: Green Beans Baby Carrots Choice of Fruit Choice of Milk	18 Italian Meatballs & Cheese On a Bun or French Toast Sticks Sausage Featured Veggies: Potato Triangles Cherry Tomatoes Choice of Fruit Choice of Milk	HELLO SPRING BLT with Choice of Soup or Cheese Burger On a Bun Featured Veggies: "Springy" Steamed Broccoli Spring Veggie Cup Choice of Fruit Choice of Milk	20 BBQ Ribby On a Bun or French Bread Pizza Featured Veggies: Steamed Carrots Cole Slaw Choice of Fruit Choice of Milk
23 Sloppy Joe On a Bun or General Tso Chicken Over Rice Featured Veggies: Steamed Broccoli Cucumber Slices Choice of Fruit Choice of Milk	24 Meatball Hoagie or Nacho Grande Tortilla Chips Featured Veggies: Baby Carrots Steamed Corn Choice of Fruit Choice of Milk	WAFFLE DAY Hamburger On a Bun or Waffles/Sausage Featured Veggies: Tater Tots Broccoli Salad Choice of Fruit Choice of Milk	26 Chicken Patty On a Bun or Mac & Cheese with a Dinner Roll Featured Veggies: Stewed Tomatoes Fresh Veggie Cup Choice of Fruit Choice of Milk	27 Hot Dog On a Bun or Stuff Crust Pizza Featured Veggies: Sweet Potatoes Celery Sticks Choice of Fruit Choice of Milk

Let's Explore



MARCH is NATIONAL NUTRITION MONTH

NEW & Different



Lunch Prices
Student \$1.30
Reduced \$.40



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