

FEBRUARY/MARCH



Metz
CULINARY MANAGEMENT

Rockwood High School

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 - 1% white, fat-free white, chocolate, vanilla and strawberry

Weekly Vegetable Subgroups

May Include:

Dark Green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and peas
Starchy - potatoes, corn, peas & lima beans
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections

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

UP FOR GRABS

Chicken Caesar Salad with Dinner Roll
Strawberry Spinach Salad with Dinner Roll
Chopped Garden Salad with Dinner Roll
Taco Salad with Dinner Roll

Asian BBQ Chicken Wrap
Chicken Caesar Wrap
Club Sandwich Wrap

Turkey & Cheese Flat Bread

Chicken Nuggets - Chicken Tenders
Popcorn Chicken - Chicken Patties



New & Different
Coming in March



MARCH is NATIONAL NUTRITION MONTH

Lunch Prices
Student \$1.50
Reduced \$.40
Adult \$2.60

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Monday

17



24

Sloppy Joe
On a Bun
or
General Tso/ Rice
with a Dinner Roll
Featured Veggies:
Corn
Carrot Sticks
Choice of Fruit
Choice of milk



2

Pork BBQ
Sandwich
or
Chicken Mash Potato Bowl
Choice of Bread or Roll
Featured Veggies:
Corn
Carrot Sticks
Choice of Fruit
Choice of Milk



9

Cheese Burger
On a Bun
or
Chicken Nuggets
Choice of Bread or Roll
Featured Veggies:
Corn
Carrot Sticks
Choice of Fruit
Choice of Milk

16

Sloppy Joe
On a Bun
or
Chicken Mash Potato Bowl
with a Dinner Roll
Featured Veggies:
Tomato Wedges
Corn
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

Tuesday

18

Beef or ChickenTaco
On a Soft Tortilla
or
Cheese Burger
On a Bun
Featured Veggies:
Green Pepper Strips
Peas
Choice of Fruit
Choice of Milk

MARDI GRAS

Chicken Patty
On a Bun
or
Nachos Grande
Tortilla Chips
Featured Veggies:
Celery Sticks
Steamed Broccoli
Choice of Fruit
Choice of Milk



3

Spicy Chicken Patty
On a Bun
or
Taco
On a Soft Tortilla
Featured Veggies:
Baked Beans
Cherry Tomatoes
Choice of Fruit
Choice of Milk

10

Toaster Ranchero
Sandwich
or
Nacho Grande
Tortilla Chips
Featured Veggies:
Chick Pea Salad
Green Pepper Strips
Choice of Fruit
Choice of Milk

17

Spicy Chicken Patty
On a Bun
or
Beef or ChickenTaco
On a Soft Tortilla
Featured Veggies:
Green Beans
Carrot Sticks
Choice of Fruit
Choice of Milk

24

Nachos Grande
Tortilla Chips
or
Meatball
On a Bun
Featured Veggies:
Steamed Corn
Baby Carrots
Choice of Fruit
Choice of Milk

Wednesday

PANCAKE DAY

Pancakes
With Sausage Patties
or
Buffalo Chicken & Cheese
Wrap
Featured Veggies:
Tater Tots
Cheesy Broccoli
Choice of Fruit
Choice of Milk



26

Cheese Burger
On a Bun
or
Macaroni & Cheese
with a Dinner Roll
Featured Veggies:
Stewed Tomatoes
Veggie Cup
Choice of Fruit
Choice of Milk

4

Baked Chicken
with a Dinner Roll
or
Cheese Burger
On a Bun
Featured Veggies:
Celery Sticks
Fries
Choice of Fruit
Choice of Milk

11

Chicken Patty
Sandwich
or
Macaroni & Cheese
with a Dinner Roll
Featured Veggies:
Stewed Tomatoes
Creamed Cukes
Choice of Fruit
Choice of Milk

18

Meatball Hoagie
On a Bun
or
French Toast Sticks
Sausage
Featured Veggies:
Potato Triangles
Cherry Tomatoes
Choice of Fruit
Choice of Milk

WAFFLE DAY

Hamburger
On a Bun
or
Chicken & Gravy over Waffles
Featured Veggies:
Steamed Veggies
Chick Pea Salad
Choice of Fruit
Choice of Milk

Thursday

20

Pasta w/ Meat Sauce
Bread Stick
or
Chicken Patty
On a Bun
Featured Veggies:
Green Beans
Cucumber Slices
Choice of Fruit
Choice of Milk

27

Grilled Cheese
Sandwich
or
Buffalo Chicken
on a Wrap
Featured Veggies:
Tomato Soup
Corn Salad
Choice of Fruit
Choice of Milk

5

Pasta / Meat Sauce
Bread Stick
or
Steak & Cheese
On a Bun
Featured Veggies:
Peas
Cherry Tomatoes
Choice of Fruit
Choice of Milk



GO FOR THE GREENS

Salad Bar
Choice of Bread or Roll
or
Chicken Fajita
On a Soft Tortilla
Featured Veggies:
Peas
Celery Sticks
Choice of Fruit
Choice of Milk

HELLO SPRING

Cheese Burger
On a Bun
or
Salad Bar
Choice of Bread or Roll
Featured Veggies:
Cheesy Broccoli
Pepper Strips
Choice of Fruit
Choice of Milk

26

Chicken Patty
Sandwich
or
Buffalo Chicken Mac & Cheese
with a Dinner Roll
Featured Veggies:
Stewed Tomatoes
Steamed Broccoli
Choice of Fruit
Choice of Milk

Friday

CHILI DAY

Chicken Lo Mein
Garlic Bread Stick
or
Chili/w CornBread
Featured Veggies:
Celery Sticks
Glazed Carrots
Choice of Fruit
Choice of Milk

28

Deli Sandwich & Soup
Choice of Bread or Roll
or
Fish & Fries
Roll
Featured Veggies:
Red Pepper Strips
Green Beans
Choice of Fruit
Choice of Milk

6

Fish Patty
On a Bun
or
Breakfast Bar /w
Choice of Meat
Featured Veggies:
Glazed Carrots
Cole Slaw
Choice of Fruit
Choice of Milk

13

Meatball Hoagie
On a Bun
or
Fish Patty
On a Bun
Featured Veggies:
Fries
Cole Slaw
Choice of Fruit
Choice of Milk

20

BBQ Rib
On A Bun
or
Cheese Sticks /w
Dipping Sauce
Featured Veggies:
Carrot Sticks
Mixed Veggies
Choice of Fruit
Choice of Milk

27

Salad Bar
Choice of Bread or Roll
or
BBQ Pork
on a Bun
Featured Veggies:
Sweet Potatoes
Celery Sticks
Choice of Fruit
Choice of Milk