

2024 FEBRUARY/MARCH



FEBRUARY Monday

12
Hot Turkey & Gravy
Open Face Sandwich
or
Chicken & Cheese Wrap

Featured Veggies:
Mash Potatoes
Baby Carrots
Choice of Fruit
Choice of Milk



26
Chicken Tenders
with Roll
or
Ham & Cheese
on a Bun

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

4
Baked Chicken
with a Roll
or
Ham BBQ
on a Bun

Featured Veggies:
Seasoned Noodles
Carrot Stick
Choice of Fruit
Choice of Milk

11
General Tso's
Rice
or
Hamburger
on a Bun

Featured Veggies:
Steamed Broccoli
Tossed Salad
Choice of Fruit
Milk

18
Chicken Tenders
Roll
or
Rocket Hoagie

Featured Veggies:
Corn
Fresh Veggie Cup
Choice of Fruit
Choice Of Milk

Taco Tuesday

13
Chicken Patty
on a Bun
or
Beef Taco

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

20
Hot Dog
on a Bun
or
Beef or Chicken Taco

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

27
Chicken Patty
on a Bun
or
Nachos Grande

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

5
Chicken or Beef Taco
or
Monte Cristo
Sandwich

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

12
Beef Taco
or
Corn Dogs

Featured Veggies:
Corn
Veggie Cup
Choice of Fruit
Choice of Milk

19
Chicken & Cheese Wrap
or
Nachos Grande

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

ROCKWOOD ELEMENTARY LUNCH MENU

Wednesday

14
ASH WEDNESDAY
Egg Salad on a Bun
or
Hamburger
on a Bun

Featured Veggies:
Fries
Fresh Cucumber Slices
Choice of Fruit
Choice of Milk

21
Hamburger
on a Bun
or
Chicken Pot Pie

Featured Veggies:
Mash Potatoes
Baby Carrots
Choice of Fruit
Choice of Milk

28
Hot Dog
on a Bun
or
Sausage Gravy
over Biscuit

Featured Veggies:
Breakfast Potato
Carrot Sticks
Choice of Fruit
Choice of Milk

6
Grilled Cheese
or
Sloppy Joe

Featured Veggies:
Tomato Soup
Garden Salad
Choice of Fruit
Choice of Milk

13
Steak & Cheese
Hoagie
or
Pancakes & Sausage

Featured Veggies:
Tater Tots
Baby carrots
Choice of Fruit
Choice of Milk

20
Bacon Cheeseburger
on a Bun
or
BBQ Ribby

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

Thursday

15
Mac & Cheese
On a Bun
or
Chicken Patty
on a Bun

Featured Veggies:
Stewed Tomatoes
Romaine Salad
Choice of Fruit
Choice of Milk

22
Chicken Patty
on a Bun
or
Mac & Cheese

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

29
Sloppy Joe
on a Bun
or
Pizza Casserole
Roll

Featured Veggies:
Broccoli
Salad
Choice of Fruit
Choice of Milk

7
Pizza Burger
On a Bun
or
Pasta Bake

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

14
Hot Dog
on a Bun
or
Pasta & Sauce

Featured Veggies:
Steamed Peas
Celery Sticks with Ranch
Choice of Fruit
Choice of Milk

21
Mac & Cheese
or
Turkey and Cheese
on a Wrap

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

Pizza Friday!

16
Cheese Pizza
or
Fish Sandwich

Featured Veggies:
Hot Veggies
Fresh Veggies
Choice of Fruit
Choice of Milk

23
Chicken & Cheese Wrap
or
Cheesy Pizza

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

MARCH 1
Grilled Cheese
or
Pizza

Featured Veggies:
Tomato Soup
Baby Carrots
Choice of Fruit
Choice of Milk

8
Cheese Pizza
Sticks w/ Sauce
or
BBQ Ribby

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

15
Chicken Patty
on a Bun
or
Cheesy Pizza

Featured Veggies:
Glazed Carrots
Cucumber Slices
Choice of Fruit
Choice of Milk

22
Cheesy Pizza
or
Fish Sticks & Roll

Featured Veggies:
Steamed Green Beans
Garden Salad
Choice of Fruit
Choice of Milk

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

**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!!

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

BETSY SMITH

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