



ROCKWOOD HIGH SCHOOL



MONDAY
12

TUESDAY
13

WEDNESDAY
14

THURSDAY
15

FRIDAY
16

FEBRUARY

Fresh Salads and Wraps Offered Daily

<p>Entrée Open Face Turkey Sandwich or Buffalo Chicken & Cheese FEATURED VEGGIES Mash Potatoes Cucumber Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Chicken Patty on a Bun or Beef Taco FEATURED VEGGIES Corn Baby carrots Choice of Fruit Choice of Milk</p>	<p>Entrée ASH WEDNESDAY Egg Salad Sandwich or Cheese Burger FEATURED VEGGIES Fries Garden Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Mac & Cheese or California Chicken on a Bun FEATURED VEGGIES Stewed Tomatoes Celery Sticks Choice of Fruit Choice of Milk</p>	<p>Entrée Fish Sandwich or Meatball Hoagie FEATURED VEGGIES Mixed Veggies Salad Choice of Fruit Choice of Milk</p>
19	20	21	22	23



<p>Entrée Steak & Cheese Hoagie or Taco FEATURED VEGGIES Corn Side Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Chicken Pot Pie or Cheese Burger FEATURED VEGGIES Mash Potatoes Sliced Cucumbers Choice of Fruit Choice of Milk</p>	<p>Entrée Mac & Cheese or Chicken Patty FEATURED VEGGIES Stewed Tomatoes Fresh Veggie Choice of Fruit Choice of Milk</p>	<p>Entrée Buffalo Chicken & Cheese on a Wrap or Pierogies FEATURED VEGGIES Broccoli Baby Carrots Choice of Fruit Choice of Milk</p>
26	27	28	29

SALADS & WRAPS DAILY

MARCH

<p>Entrée Chicken Mash Potato Bowl or Meatball Hoagie FEATURED VEGGIES Corn Garden Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Chicken Parm Sandwich or Nachos Grande FEATURED VEGGIES Baked Beans Fresh Veggies Choice of Fruit Choice of Milk</p>	<p>Entrée Buffalo Chicken Wrap or Sausage Gravy over Biscuit FEATURED VEGGIES Breakfast Potatoe Veggie Cup Choice of Fruit Choice of Milk</p>	<p>Entrée Pizza Cassarole or Jerk Chicken over Rice FEATURED VEGGIES Broccoli Celery Sticks Choice of Fruit Choice of Milk</p>	<p>Entrée Cheeseburger or Grilled Cheese FEATURED VEGGIES Tomato Soup Sliced Cukes Choice of Fruit Choice of Milk</p>
4	5	6	7	8

<p>Entrée Baked Chicken Roll or Ham BBQ on a Bun FEATURED VEGGIES Seasoned Noodles Toss Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Chicken or Beef Taco or Monte Cristo Sandwich FEATURED VEGGIES Corn Fresh Veggies Choice of Fruit Choice of Milk</p>	<p>Entrée Sloppy Joe on a Bun or Grilled Cheese FEATURED VEGGIES Tomato Soup Garden Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Pasta with Sauce Bread Stick or Pizzaburger FEATURED VEGGIES Mixed Veggies Fresh Cucumbers Choice of Fruit Choice of Milk</p>	<p>Entrée Buffalo Chicken Dip or Egg Salad FEATURED VEGGIES Steamed Mixed Veggies Side Caesar Salad Choice of Fruit Choice of Milk</p>
11	12	13	14	15



<p>Entrée General Tso's Chicken with Rice or Cheeseburger on a Bun FEATURED VEGGIES Broccoli Fresh Veggies Choice of Fruit Choice of Milk</p>	<p>Baked Italian Hoagie or Beef Taco FEATURED VEGGIES Corn Baby Carrots Choice of Fruit Choice of Milk</p>	<p>Entrée Steak & Cheese Hoagie or Breakfast for Lunch FEATURED VEGGIES Tater Tots Veggie Cup Choice of Fruit Choice of Milk</p>	<p>Entrée Grilled Chicken Alfredo & Pasta or Sausage Hoagie w/ Peppers & Onions FEATURED VEGGIES Seasoned Peas Side Garden Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Salad Bar or Chicken Patty on a Bun FEATURED VEGGIES Buttered Mixed Veggies Glazed Carrots Choice of Fruit Choice of Milk</p>
18	19	20	21	22

Spring!

Salads & Wraps Daily

<p>Entrée Chicken Mash Potato Bowl or Sloppy Joe On a Bun FEATURED VEGGIES Corn Baby Carrots Choice of Fruit Choice of Milk</p>	<p>Entrée Nachos Grande or Steak & Cheese Hoagie FEATURED VEGGIES Baked Beans Tossed Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Cowboy Burger on a Bun or BBQ Ribby FEATURED VEGGIES Fries Fresh Veggies Choice of Fruit Choice of Milk</p>	<p>Entrée Mac & Cheese Roll or Toaster Ranchero FEATURED VEGGIES Stewed Tomatoes Sliced Cukes Choice of Fruit Choice of Milk</p>	<p>Entrée Fish Sticks w/ Roll or Chicken Stir-Fry Over Rice FEATURED VEGGIES Steamed Green Beans Garden Salad Choice of Fruit Choice of Milk</p>
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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

Daily Vegetable Choices May Include:

Spinach, Broccoli, Romaine Salad, Spring Salad, Carrots, Sweet Potatoes, Tomatoes, Red Peppers, Beans, Peas, Potatoes, Corn, Lima Beans, Celery sticks, Cucumbers, Cauliflower, Green Peppers, Green Beans, Cabbage and Green Peppers

Daily Fruit Choices 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

Vegetable Garden Salad w/ roll
Ham or Turkey Salad w/ Roll
Chef's Salad w/ roll
Greek Salad w/ Roll
Strawberry Spinach Salad w/ Roll
Caprese Pasta Salad with Roll
Ham & Cheese Wrap or Turkey and Swiss on Baguette
Buffalo chicken Wrap
Taco Chicken Roll
Chicken Caesar Roll
Roast Beef and Cheddar Wrap
Italian Wrap



LUNCH PRICES:

Student \$0.00
Reduced \$0.00
Adult \$4.73

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