

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

Minimum of 1/2 cup serving of fruit or a ninimum of a 1/2 cup of vegetable must accompany a reimbursable lunch Meat or meat alternate Choice of Vegetable

Choice of Milk - 1% white, and fat-free

Weekly Vegetable Subgroups May Include: Dark green - spinach, broccoli, romaine and

rekry vegerable subgroups may include fix green - spinach, broccoli, romaine c sping salad Red/Orange - carrots, sweet potatoes, tomatoes, red peppers Beans/Peas Starchy - white potatoes, corn, and limp broass.

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, seaches, cantaloupe, melon, strawberries applesauce, pineapple, 100% fruit juices and mandarin oranges

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

Nutritious Friends Look for our Nutritious Friend of the

Month on the menu!!

Tuesday & Thursday's



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

BETSY SMITH

814-926-4688 ext. 1111

ma1035@metzcorp.com

USDA is an equal opportunity provider and employe

ROCKWOOD ELEMENTARY LUNCH MENU

Wednesday

Rocket Hoagie

Hot Dog on a Bun

Featured Veggies:

Fries

Fresh Cucumber Slices

Choice of Fruit

Choice of Milk

14

Hot Dog

on a Bun

or Breakfast for Lunch

Featured Vegaies:

Baby Carrots

Choice of Fruit

Choice of Milk

21 Pancakes & Sausage

Chicken & Cheese

on a Bun

Featured Veggies:

Tater Tots

Carrot Sticks

Choice of Fruit

Choice of Milk

Omay* Monday

5 Chicken Nuggets w / Roll

Featured Veggies: Seasoned Noodles Baby Carrots Choice of Fruit Choice of Milk

On a Bun or Chicken Tender

Featured Veggies: Broccoli

Choice of Fruit Choice of Milk

19 Popcorn Chicken

with Roll Hamburger on a Bun 5&6th SALAD BAR Featured Veggies: Corn

Baby Carrots Choice of Fruit Choice of Milk

MEMORIAL

DAY

Hot Dog

on a Bun

or Popcorn Chicken

with a Roll Featured Vegaies:

Baked Beans

Tossed Salad

Choice of Fruit

Milk

olune

Choice of Milk Nacho Grande

on a Bun Featured Veggies: Corn

Toss Salad Choice of Fruit Choice of Milk

Beef or Chicken Taco

Featured Vegaies: Hot Veggie Veggie Cup Choice of Fruit

Deli Hoagie

Hot Veggie Baby carrots

Choice of Fruit Choice of Milk

11

Thursday

8 Pasta Bake

or Hamburger on a Bun

Featured Veggies: Green Beans Romaine Salad Choice of Fruit Choice of Milk

15

Chicken & Ranch

Potatoe Casserole

or Chicken Patty

on a Bun

Featured Veggies:

Peas

Sliced Cukes

Choice of Fruit

Pizza Friday!

Cheese Pizza

Fish Sticks with Roll

Featured Veggies: Peas

Fresh Veggies Choice of Fruit Choice of Milk

BBQ Ribby on a Bun

or Cheesy Pizza (5&6 Cheese or Pepperoni)

Featured Vegaies: Sweet Potatoes Garden Salad

Choice of Fruit Choice of Milk

Turkey & Cheese

on a Wrap

or

Cheese Pizza Sticks

with Dipping Sauce

Featured Veggies:

Mixed Veggies

Baby Carrots

Choice of Fruit

Choice of Milk

Choice of Milk **22** Pizza Casserole

Bread Stick Steak & Cheese Haogie

Featured Veggies: Hot Veggies

Salad Choice of Fruit Choice of Milk

29

Hot Dog

or Hamburger

on a Bun

Featured Veggies:

Glazed Carrots

Cukes

Choice of Fruit

Choice of Milk

Cheese Pizza or

Rocket Hoagie

Featured Veggies:

Seasoned Mixed Veggies Salad Choice of Fruit Choice of Milk



Choice of Milk







Taco Tuesday 6 Chicken Patty

Meatball Hoagie

Hamburger

with a Roll

Red Pepper Strips

Nachos Grande Corn Dog

on a Bun

Beef or Chicken Taco

Featured Veggies:

Baked Beans

Toss Salad

Choice of Fruit

Choice of Milk

Featured Veggies:

Caesar Salad Choice of Fruit

Choice of Milk

20 Beef Taco

5th&6th Walking Taco Hot Dog

on a Bun Featured Veggies: Baked Beans Fresh Veggies

Choice of Fruit

or Chicken Patty

Breakfast for Lunch

Chicken & Cheese Wrap

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

Cheese Burger on a Bun

Cooks Choice

Featured Vegaies:

10

