

ROCKWOOD ELEMENTARY LUNCH MENU



Monday

5

Chicken Nuggets
w / Roll
or
Meatball Hoagie

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

Taco Tuesday

6

Chicken Patty
on a Bun
or
Beef or Chicken Taco

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

Wednesday

7

Rocket Hoagie
or
Hot Dog on a Bun

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

Thursday

8

Pasta Bake
or
Hamburger
on a Bun

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

Pizza Friday!

9

Cheese Pizza
or
Fish Sticks
with Roll

Featured Veggies:
Peas
Fresh Veggies
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 1/2 cup of vegetable must accompany a reimbursable lunch
Meal or meal alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, and fat-free

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.**

Nutritious Friends
Look for our Nutritious Friend of the Month on the menu!!

Tuesday & Thursday's



26



27

Nacho Grande
or
Chicken Patty
on a Bun
Featured Veggies:
Corn
Toss Salad
Choice of Fruit
Choice of Milk

28

Breakfast for Lunch
or
Chicken & Cheese Wrap
Featured Veggies:
Potatoes
Garden 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

30

Cheese Pizza
or
Rocket Hoagie
Featured Veggies:
Seasoned Mixed Veggies
Salad
Choice of Fruit
Choice of Milk

2

Hot Dog
on a Bun
or
Popcorn Chicken
with a Roll
Featured Veggies:
Baked Beans
Tossed Salad
Choice of Fruit
Milk



3

Deli Hoagie
or
Beef or Chicken Taco
Featured Veggies:
Hot Veggie
Veggie Cup
Choice of Fruit
Choice of Milk

4

Cheese Burger
on a Bun
or
Cooks Choice
Featured Veggies:
Hot Veggie
Baby carrots
Choice of Fruit
Choice of Milk

5



6

9



10



11

12

13



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

BETSY SMITH

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