

ROCKWOOD HIGH SCHOOL

MAY/ JUNE



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

MONDAY
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TUESDAY
6

WEDNESDAY
7

THURSDAY
8

FRIDAY
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<p>Entrée BBQ Chicken & Bacon Flat Bread or Meatball Hoagie FEATURED VEGGIES Steamed Broccoli Fresh Veggies Choice of Fruit Choice of Milk</p>	<p>Entrée Beef or Chicken Taco or Chicken Patty FEATURED VEGGIES Baked Beans Tossed Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Soup & Deli Bar or Ham & Egg Casserole FEATURED VEGGIES Mixed Veggies Veggie Cup Choice of Fruit Choice of Milk</p>	<p>Entrée Pasta with Sauce or Cheeseburger on a Bun FEATURED VEGGIES Green Beans Celery Sticks Choice of Fruit Choice of Milk</p>	<p>Entrée Cheeseburger Tater Tot Bowl or Buffalo Chicken & Cheese Wrap FEATURED VEGGIES Peas Fresh Veggie Choice of Fruit Choice of Milk</p>
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<p>Entrée Cheeseburger on a Bun or Hot Honey Chicken on a Bun FEATURED VEGGIES Fries Baby Carrots Choice of Fruit Choice of Milk</p>	<p>Entrée Nachos Grande Or Meatball Hoagie FEATURED VEGGIES Corn Tossed Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Breakfast Bar or BBQ Pork on a Bun FEATURED VEGGIES Potatoes Sliced cucumbers Choice of Fruit Choice of Milk</p>	<p>Entrée Chicken Patty or Buffalo Chicken & Potatoe Casserole FEATURED VEGGIES Peas Fresh Veggie Choice of Fruit Choice of Milk</p>	<p>Entrée Loaded French Fries or BBQ Rib on a Bun FEATURED VEGGIES Hot Veggie Coleslaw Choice of Fruit Choice of Milk</p>
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<p>Entrée Chicken Mash Potato Bowl or Cheese Burger FEATURED VEGGIES Corn Baby Carrots Choice of Fruit Choice of Milk</p>	<p>Entrée Beef or Chicken Taco or Pizza Dog on a Bun FEATURED VEGGIES Baked Beans Tossed Salad Choice of Fruit Choice of Milk</p>	<p>Entrée Salad Bar or Pork & Sauerkraut FEATURED VEGGIES Mashed Potatoes Fresh Veggies Choice of Fruit Choice of Milk</p>	<p>Entrée Pizza Casserole Garlic Bread or Steak & Cheese Hoagie FEATURED VEGGIES Hot Veggies Veggie Cup Choice of Fruit Choice of Milk</p>	<p>Entrée Buffalo Chicken Dip Over Tortilla Chins or BBQ Ham a Bun FEATURED VEGGIES Hot Veggies Baby Carrots Choice of Fruit Choice of Milk</p>
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<p>Entrée Nachos Grande or Chicken Patty FEATURED VEGGIES Corn Fresh Veggies Choice of Milk Choice of Milk</p>	<p>Entrée Breakfast for Lunch or Buffalo Chicken Wrap FEATURED VEGGIES Potatoes Veggie Cup Choice of Fruit Choice of Milk</p>	<p>Entrée Cheese Burger or Chicken Enchilada Casserole FEATURED VEGGIES Glazed Carrots Fresh Cucumbers Choice of Fruit Choice of Milk</p>	<p>Entrée Steak & Cheese Hoagie or Southwest Chicken & Rice FEATURED VEGGIES Hot Veggies Salad Choice of Fruit Choice of Milk</p>
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<p>Entrée General Tao's Chicken or Sloppy Joe on a Bun FEATURED VEGGIES Broccoli Mixed Veggies Choice of Fruit Choice of Milk</p>	<p>Entrée Chicken or Beef Taco or Deli Hoagie FEATURED VEGGIES Hot Veggies Green Beans Choice of Fruit Choice of Milk</p>	<p>Entrée Cheeseburger on a Bun or Cooks Choice FEATURED VEGGIES Hot Veggies Fresh Cauliflower Choice of Fruit Choice of Milk</p>		<p>Entrée Steak & Cheese Hoagie or Southwest Chicken & Rice FEATURED VEGGIES Hot Veggies Salad Choice of Fruit Choice of Milk</p>
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LUNCH PRICES:
Student \$0.00

Adult \$4.73

BETSY SMITH
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