



SCHOOL MENU USD 323 ROCK CREEK				
Monday	Tuesday	Wednesday	Thursday	Friday
			1 Scramble egg/sausage Chicken Strips Sweet Potato Fries Baked Beans Steamed Broccoli Canned/Fresh Fruit	2 Biscuit & Gravy Sloppy Joe w/ Bun Roasted Red Potatoes Green Beans Canned/fresh Fruit
5 Breakfast Pizza Grilled Cheese Sandwich Sun Chips Green Beans Brownie Canned/Fresh Fruit	6 Cereal/cheesestick Pepperoni Pizza Broccoli Florets Carrots Sticks Romaine Salad Breadstick(9-12) Canned/Fresh Fruit	7 Long John Taco Burger w/ Bun Refried Beans Tortilla Chips w/ Salsa Shredded Romaine Diced Tomatoes Canned/Fresh Fruit	8 Muffin/yogurt Chicken Patty Mashed Potatoes & Gravy Peas WW Roll Canned/Fresh Fruit	9 
12 Pancake Sausage Stick Crispito w/ Salsa Cheese Sauce Spanish Brown Rice Romaine Salad Steamed Broccoli Cherry Tomatoes Canned/Fresh Fruit	13 Cereal/yogurt Spaghetti w/ Meat Sauce Garlic Bread Romaine Salad Green Beans Canned/Fresh Fruit	14 Coffeecake Hot Dog w/ Bun Waffle Fries Baked Beans Canned/Fresh Fruit	15 	16 
19 Breakfast Pizza Grilled Chicken Sandwich Sweet Potato Tots Green Beans Fresh/Canned Fruit	20 Cereal/cheesestick Hamburger w/ Bun Spicy Potato Wedges Baby Carrots Oatmeal Cookie Fresh/Canned Fruit	21 Donut Chicken Nuggets Mashed Potatoes & Gravy WW Roll Corn Canned/Fresh Fruit	22 Waffle/sausage Chili Corn Chips Red Bell Pepper Strips Sliced Cucumber Cinnamon Roll Canned/Fresh Fruit	23 French Toast Sticks Macaroni & Cheese Meatballs WW Bread Slice Baked Beans Broccoli Florets Canned/Fresh Fruit
26 Pancake Sausage Stick Breaded Pork Sandwich Lettuce Leaf Tomato Slice Fries Baked Beans Canned/Fresh Fruit	27 Cereal/yogurt Taco Soup Tortilla Chips Salsa Refried Beans Choc Chip Cookie Canned/Fresh Fruit	28 Coffeecake Corn Dog Green Beans Tater Tots Snickerdoodle Canned/Fresh Fruit	29 Sausage Biscuit Beef Fiestada Tortilla Chips (9-12) Black Bean & Corn Salsa (9-12) Baby Carrots Broccoli Florets Romaine Salad Canned/Fresh Fruit	30 Biscuit & Gravy Hot Ham & Cheese Sandwich Crinkle Cut Fries Peas Pudding Canned/Fresh Fruit
Every day at breakfast: juice and canned or fresh fruit available. Students must take 3 items, one of which is a fruit. Every day at lunch: fresh fruit & vegetables available. Students will be offered 5 items for lunch, meat/meat alternate, grain, vegetable, fruit and milk. Students must take 3 items, one of which must be a ½ cup fruit or vegetable. Half pint cartons of milk offered with each meal—choice of skim, 1% white or ½% chocolate. <u>All menus are subject to change without notice.</u> This institute is an equal opportunity provider. Milk: \$.55 Breakfast prices: K-12 \$2.30 Adult \$2.75 Lunch prices: K-4 \$3.30 5-12 \$3.60 Adult \$4.50				