

Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spaghetti w/meat sauce & bread slice Hamburger Steamed Broccoli	2 No School	3 No School
6 No School	7 No School	8 Italian Dunkers w/sauce Hamburger Mixed Vegetables	9 Chicken Quesadilla Cheese Pizza French Fries	10 Macaroni & Cheese w/Garlic Toast Corn Dog Nuggets Peas
13 Hot Turkey & Cheese Sandwich Chicken Nuggets w/Bread Green Beans	14 Crispy Chicken Patty Grilled Cheese BBQ Baked Beans	15 French Toast Sticks w/Sausage Hamburger Tater Tots	16 BBQ Pork Sandwich Cheese Pizza Fresh Broccoli Florets	17 Fish Sticks w/Garlic Toast Corn Dog Nuggets Carrots
20 Fiestada Pizza Chicken Nuggets w/Bread Broccoli	21 BBQ Rib on Bun Grilled Cheese Chickpeas Italiano	22 Fruit & Yogurt Parfait w/Crackers Hamburger  Mixed Vegetables Dirt Pudding for Dessert	23 Macaroni & Cheese w/Garlic Toast Cheese Pizza Peas	24 Beef Soft Taco Corn Dog Nuggets Fresh Baby Carrots
27 Cheese Filled Breadsticks Chicken Nuggets w/Bread Chickpeas Italiano	28 Lasagna Rollup w/Garlic Toast Grilled Cheese Steamed Carrots	29 Popcorn Chicken w/Rice Hamburger Mashed Potatoes	30 Meatball Hoagie Cheese Pizza Broccoli	

WHAT MAKES A MEAL?

You must choose at least 3 of 5 components available for the school lunch price.
 Choice of Meat or Meat Alternate
 Choice of Vegetable, Choice of Fruit*
 Choice of Grain/Bread, and Choice of Milk
 *Students must choose at least one fruit or vegetable

MILK OPTIONS

Fat Free White, 1% White, Fat Free Chocolate, Fat Free Strawberry

FRUIT & VEGGIE OPTIONS

Broccoli Florets | Baby Carrots
 Dark Leafy Greens | Legume Salads
 Celery & Cucumber
 *May choose two 1/2 cup servings
 Crisp Apple | Sliced Peaches | Mixed Fruit
 Fresh Orange | Banana | Pineapple Tidbits
 Diced Pears | Applesauce

*K-8 may choose up to 1/2 cup serving.
 9th-12th may choose two 1/2 cup servings

ALTERNATE MENU OPTIONS