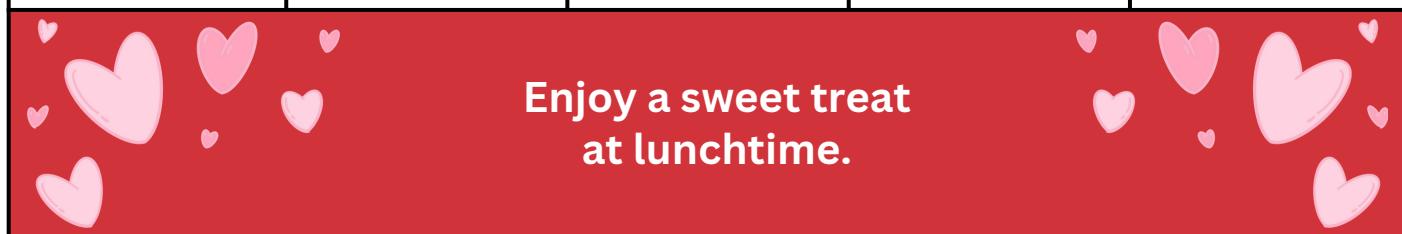


Director of Food &amp; Nutrition

Brandi Culver | Phone: 814-827-2715 ext.1460 | Email:bculver@gorockets.org

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cheese Filled Breadsticks w/sauce Chicken Nuggets w/bread Italian Chickpeas <b>Groundhog Pudding Dessert</b>	3 Lasagna Roll ups w/garlic toast Grilled Cheese Sandwich Fresh Baby Carrots	4 Popcorn Chicken w/rice Hamburger on bun Mashed Potatoes	5 Meatball Hoagie Cheese Pizza Steamed Broccoli	6 Fiestada Pizza Corn Dog Nuggets Green Beans
9 Macaroni & Cheese w/garlic toast Chicken Nuggets w/bread Steamed Peas	10 BBQ Pulled pork on bun Grilled Cheese Sandwich BBQ Baked Beans	11 French Toast Sticks w/syrup & sausage patties Hamburger on bun Tater Tots	12 Hot Ham & Cheese Sandwich Cheese Pizza Fresh Cucumber Slices	13 Breaded Chicken on bun Corn Dog Nuggets Steamed Carrots
 <b>PRESIDENTS DAY</b> NO SCHOOL	17 Pepperoni Pizza Grilled Cheese Sandwich Green Beans	18 <b>Ash Wednesday</b> Cheese Ravioli w/marinara & garlic toast Hamburger on bun Steamed Broccoli	19 Hot Dog on bun Cheese Pizza French Fries	20 Fish Sticks w/garlic toast Corn Dog Nuggets BBQ Baked beans
23 Italian Dunkers w/sauce Chicken Nuggets w/bread Italian Chickpeas	24 Popcorn Chicken w/rice Grilled Cheese Sandwich Steamed Broccoli	25 Fruit & Yogurt Parfait w/crackers Hamburger on bun Mixed Vegetables	26 Chicken Quesadilla Cheese Pizza Stewed Tomatoes	27 Macaroni & Cheese w/garlic toast Corn Dog Nuggets Steamed Peas
 <b>Enjoy a sweet treat at lunchtime.</b>				

**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**