



Director of Food & Nutrition

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Thank the heroes who serve your food in the cafeteria.</p>				<p>1</p> <p>NO SCHOOL</p>
<p>4</p> <p>BBQ Pulled Pork Sandwich</p> <p>Chicken Nuggets w/Bread</p> <p>BBQ Baked Beans</p>	<p>5</p> <p>Chicken Quesadilla</p> <p>Grilled Cheese</p> <p>Peas</p>	<p>6</p> <p>French Toast Sticks w/Sausage Patties</p> <p>Hamburger on bun</p> <p>Tater Tots</p>	<p>7</p> <p>Hot Ham & Cheese Sandwich</p> <p>Cheese Pizza</p> <p>Steamed Broccoli</p>	<p>8</p> <p>Beef & Cheese Soft Taco</p> <p>Corn Dog Nuggets</p> <p>Stewed Tomatoes</p>
<p>11</p> <p>Cheese Filled Breadsticks w/Marinara</p> <p>Chicken Nuggets w/Bread</p> <p>Green Beans</p>	<p>12</p> <p>Meatball Hoagie</p> <p>Grilled Cheese</p> <p>Steamed Carrots</p> <p>Dessert</p>	<p>13</p> <p>Spaghetti w/meatsauce & bread slice</p> <p>Hamburger on bun</p> <p>Steamed Broccoli</p>	<p>14</p> <p>Grilled Hot Dog</p> <p>Cheese Pizza</p> <p>French Fries</p>	<p>15</p> <p>Fish Sticks w/Garlic Toast</p> <p>Corn Dog Nuggets</p> <p>BBQ Bacon Baked Beans</p>
<p>18</p> <p>Italian Dunkers</p> <p>Chicken Nuggets w/Bread</p> <p>Italian Chickpeas</p>	<p>19</p> <p>Popcorn Chicken w/Rice</p> <p>Grilled Cheese</p> <p>Steamed Broccoli</p>	<p>20</p> <p>Crispy Chicken Patty Sandwich</p> <p>Hamburger on bun</p> <p>Mixed Vegetables</p>	<p>21</p> <p>Meatball Hoagie</p> <p>Cheese Pizza</p> <p>Steamed Corn</p>	<p>22</p> <p>Macaroni & Cheese w/Garlic Toast</p> <p>Corn Dog Nuggets</p> <p>Peas</p>
<p>25</p> <p>MEMORIAL DAY</p> <p>NO SCHOOL</p>	<p>26</p> <p>Chicken Nuggets w/Bread</p> <p>Grilled Cheese</p> <p>BBQ Baked Beans</p>	<p>27</p> <p>French Toast Sticks w/Sausage Patties</p> <p>Hamburger on bun</p> <p>Tater Tots</p>	<p>28</p> <p>BBQ Pork Sandwich</p> <p>Cheese Pizza</p> <p>Green Beans</p>	<p>29</p> <p>Fish Sticks w/Garlic Toast</p> <p>Corn Dog Nuggets</p> <p>Carrots</p>

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

