



Director of Food & Nutrition

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Monday	Tuesday	Wednesday	Thursday	Friday
	2 BBQ Rib on bun or Grilled Cheese Sandwich Steamed Broccoli	3 French Toast Sticks w/syrup & sausage patties or Hamburger on bun Tater Tots	4 Hot Ham & Cheese Sandwich or Cheese Pizza Green Beans	5 Soft Beef Taco w/cheese or Corn Dog Nuggets Stewed Tomatoes
8 Cheese Filled Breadsticks w/marinara or Chicken Nuggets w/bread slice Green Beans	9 Sloppy Joe on bun or Grilled Cheese Sandwich Fresh Broccoli	10 Cheese Ravioli w/marinara & garlic toast or Hamburger on bun Peas	11 Fish Sticks w/garlic toast or Cheese Pizza BBQ Baked Beans	12 Cheeseburger on bun or Corn Dog Nuggets Carrots
15 Italian dunkers w/marinara or Chicken Nuggets w/bread Italian Chickpeas	16 Lunch For Life Popcorn Chicken w/rice or Grilled Cheese Sandwich Steamed Broccoli	17 Lunch For Life <i>*New Item*</i> Yogurt Parfait w/crackers or Hamburger on bun Mixed vegetables	18 Lunch For Life Chicken Quesadilla or Cheese Pizza Stewed Tomatoes	19 Macaroni & Cheese w/garlic toast or Corn Dog Nuggets Steamed Peas
22 Hot Turkey & Cheese sandwich or Chicken Nuggets w/bread Steamed Corn	23 Hot Dog on bun or Grilled Cheese Sandwich BBQ Baked Beans	24 French Toast Sticks w/syrup & sausage patties or Hamburger on bun Tater Tots	25 BBQ Pulled Pork on bun or Cheese Pizza Fresh Broccoli	26 Breaded Chicken Patty on bun or Corn Dog Nuggets Steamed Carrots
29 Fiestada Pizza or Chicken Nuggets w/bread Steamed Broccoli	30 Hot Ham & Cheese Sandwich or Grilled Cheese sandwich Italian Chickpeas	<h1>Hello Fall</h1> <p>Recharge every day with a blast of nutrition.</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