



Be Smart - Eat Healthy!
Eat Smart - Be Healthy!!



Rocklin Unified School District ELEMENTARY LUNCH MENU

Lunch Price: Regular \$2.75/Reduced \$.40

Menu Subject to Change

The Rocklin Unified School District Nutrition Services Department is dedicated to serving our students healthy and nutritious meals that meet or exceed the USDA and CDE guidelines for a complete meal. We are serving All Whole Grains with no Trans Fats, Fresh Fruits, Vegetables and delicious foods that they will love! For more information visit our website at www.rocklin.org—Choose Departments/Nutrition Services
The USDA and this institution are equal opportunity providers.

ONLINE PAYMENTS AVAILABLE: Go to MYSCHOOLBUCKS.COM!! Prepayments are a fast and easy way for students to purchase breakfast or lunch. Checks and cash are also accepted daily in the school front office or the cafeteria. Please take advantage of these easy and convenient services for your child!

Cold Pack Grab-n-Go Lunch Offered Daily
Includes: Yogurt, String Cheese, Blueberry Muffin or Banana Bread, Garden Bar Choices & 1% White or Non Fat Chocolate Milk! Fast Easy, Nutritious and Yummy! Check it out!!

MAY/JUNE 2018

Meals Includes a Variety of Fresh Fruits Vegetables & 1% White or Non Fat Chocolate Milk Daily!



IT'S COOL!
TO EAT
AT
SCHOOL!!



NEW! Meatless MONDAY

Tremendous! TUESDAY

Wacky! WEDNESDAY

Terrific! THURSDAY

Fantastic! FRIDAY

National School Lunch Program

Cook's Choice! June 4th to 7th!!

1
Teriyaki Beef Dippers & Garlic Toast
or BBQ Rib on WG Bun
Seasoned Fries
Baked Beans

2
WG Popcorn Chicken or WG Corn Dog
Mashed Potatoes
Gravy
Soft Baked WG Cookie

3
Double Dogs on WG Bun or Hamburger/Cheese on WG Bun/Tator Tots
WG Fruit Pie
Broccoli

4
WG Tortilla Chips w/Meat & Cheese
or Chicken Patty Sandwich on WG Bun/Tortilla Chips
Variety Veggie

7
Big Daddy's WG Cheese Pizza or Macaroni & Cheese
Garlic Toast
Steamed Corn

8
Turkey/Cheese w/WG Cracker Kit w/CookieDots or BBQ Rib on WG Bun
Seasoned Fries
Baked Beans

19
BD WG Pepperoni Pizza or WG Mini Corn Dogs
Frozen Fruit Cup
Garden Salad w/Ranch
Tomatoes

10
WG Chicken Nuggets or Hamburger/Cheese on WG Bun/Potato Smiles
Amazing Sour Raisins
Broccoli

11-Breakfast for Lunch!
Cinnamon WG Pancake & 2 Bacon Strips
or Chicken Patty Sandwich on WG Bun
Hash Browns

14
WG Cheesy Bread Sticks & Marinara Sauce or Bean/Cheese WG Burrito
Garden Salad w/Ranch
Tomatoes

15
Teriyaki Beef Dippers & Garlic Toast
or BBQ Rib on WG Bun
Seasoned Fries
Baked Beans

16
WG Popcorn Chicken or WG Corn Dog
Mashed Potatoes
Gravy
Soft Baked WG Cookie

17
Frnch Brd Pepperoni Pizza or Hamburger/Cheese on WG Bun/Tator Tots
WG Rice Krispy Treat
Broccoli

18
WG Tortilla Chips w/Meat & Cheese
or Chicken Patty Sandwich on WG Bun/Tortilla Chips
Variety Veggies

21
WG French Bread Cheese Pizza or Macaroni & Cheese
Garlic Toast
Steamed Corn

22
WG Chicken Tenders or BBQ Rib on WG Bun
Seasoned Fries
Maple Stick
Baked Beans

23
BD WG Pepperoni Pizza or WG Mini Corn Dogs
Frozen Fruit Cup
Garden Salad w/Ranch
Tomatoes

24
Double Dogs on WG Bun or Hamburger/Cheese on WG Bun/Potato Smiles
WG Fruit Pie
Broccoli

25-Breakfast for Lunch!
Maple WG French Toast & Sausage Patty
or Chicken Patty Sandwich on WG Bun
Hash Browns

28
NO SCHOOL!
MEMORIAL DAY HOLIDAY!!

29
Turkey/Cheese w/WG Cracker Kit w/CookieDots or BBQ Rib on WG Bun
Seasoned Fries
Baked Beans

30
WG Popcorn Chicken or WG Corn Dog
Mashed Potatoes
Gravy
Soft Baked WG Cookie

31
Frnch Brd Pepperoni Pizza or Hamburger/Cheese on WG Bun/Tator Tots
Amazing Sour Raisins
Broccoli

1
WG Tortilla Chips w/Meat & Cheese
or Chicken Patty Sandwich on WG Bun/Tortilla Chips
Variety Veggies

HAVE A GREAT SUMMER!!