



Be Smart -
Eat Healthy!
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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!!

APRIL 2017



IT'S COOL!
TO EAT
AT
SCHOOL!!



**NEW! Meatless
MONDAY**

**Tremendous!
TUESDAY**

**Wacky!
WEDNESDAY**

**Terrific!
THURSDAY**

**Fantastic!
FRIDAY**

**National School
Lunch Program**

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

SPRING
IS
HERE!



TRY OUR
FRESH
GARDEN BAR
CHOICES!!

3
BD WG Cheese Pizza or
WG Grilled Cheese
Sandwich
Garden Salad w/Ranch
Tomatoes

4
WG Chicken Tenders
& WG Italian Breadstick
or WG Cheesy Bread
Bites & Marinara Sauce
Seasoned Fries

5
French Brd Pepp Pizza
or WG Chicken
Mini Corn Dogs
Frozen Fruit Cup
Broccoli

6—April Birthdays!
**COOK'S
CHOICE!**
Chocolate Chip
Rice Krispies Treat
Green Beans

7—Easter Treat!
**COOK'S
CHOICE!**
Cherry
Fruit Pie
Baked Beans



11

12

13

SPRING BREAK!
April 10th to April 17th



17
NO SCHOOL!
IN SERVICE
DAY!!

18
BBQ Rib on WG Bun
or Cheese Enchiladas
in WG Tortillas
Frozen Fruit Cup
Baked Beans

19
WG Popcorn Chicken
or Sea Nuggets
Mashed Potatoes/Gravy
WG Bread Roll
Broccoli

20—Breakfast for Lunch!
Cinnamon WG Pancakes
& Sausage Patty
or Chicken Patty
Sandwich on WG Bun
Tator Tots

21
WG Taco Scoops
w/Meat & Cheese
or WG Chicken Corn Dog
WG Bug Bite Grahams
Steamed Corn

24
French Brd Cheese Pizza
or Bean & Cheese
WG Burrito
Garden Salad w/Ranch
Tomatoes

25
WG Chicken Tenders
& WG Italian Breadstick
or Turkey & Cheese Lunch
Kit w/Cookie Dots
Seasoned Fries

26
BD WG Pepperoni Pizza
or WG Grilled Cheese
w/Bacon on Sourdough
Frozen Fruit Cup
Broccoli

27
WG Chicken Nuggets
or Teriyaki Beef Dippers
**Mashed Potatoes
& Gravy**
WG Banana Bread

28
Cheeseburger on WG Bun
or Meat/Cheese Chalupa
Tator Tots
WG Disney "Frozen" Graham
Baked Beans