



Be Smart - Eat Healthy!
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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 2018



**IT'S COOL!
 TO EAT
 AT
 SCHOOL!!**



NEW! Meatless MONDAY	Tremendous! TUESDAY	Wacky! WEDNESDAY	Terrific! THURSDAY	Fantastic! FRIDAY
<u>2</u> NO SCHOOL! IN SERVICE DAY!!	<u>3</u> Teriyaki Beef Dippers & Garlic Toast or WG Cheesy Bread Sticks w/Marinara Sauce Tomatoes/Baked Beans	<u>4</u> WG Popcorn Chicken or WG Corn Dog Mashed Potatoes Gravy Soft Baked WG Cookie	<u>5</u> Frnch Brd Pepperoni Pizza or Hamburger/Cheese on WG Bun/Tator Tots Rice Krispy Treat Broccoli	<u>6</u> WG Tortilla Chips w/Meat & Cheese or Chicken Patty Sandwich on WG Bun/Tortilla Chips Variety Veggies
<u>9</u> WG French Bread Cheese Pizza or Macaroni & Cheese Garlic Toast Steamed Corn	<u>10</u> WG Chicken Tenders or BBQ Rib on WG Bun Seasoned Fries Maple Stick Baked Beans	<u>11</u> BD WG Pepperoni Pizza or WG Mini Corn Dogs Frozen Fruit Cup Garden Salad w/Ranch Tomatoes	<u>12</u> Double Dogs on WG Bun or Hamburger/Cheese on WG Bun/Potato Smiles WG Fruit Pie Broccoli	<u>13-Breakfast for Lunch!</u> Maple WG French Toast & Sausage Patty or Chicken Patty Sandwich on WG Bun Hash Browns
<u>16</u> Big Daddy's WG Cheese Pizza or Bean/Cheese WG Burrito Garden Salad w/Ranch Tomatoes	<u>17</u> Turkey/Cheese w/WG Cracker Kit w/CookieDots or BBQ Rib on WG Bun Seasoned Fries Baked Beans	<u>18</u> WG Popcorn Chicken or WG Corn Dog Mashed Potatoes Gravy Soft Baked WG Cookie	<u>19</u> Frnch Brd Pepperoni Pizza or Hamburger/Cheese on WG Bun/Tator Tots Amazing Sour Raisins Broccoli	<u>20</u> WG Tortilla Chips w/Meat & Cheese or Chicken Patty Sandwich on WG Bun/Tortilla Chips Variety Veggies
<u>23</u> WG Cheesy Bread Sticks & Marinara Sauce or Macaroni & Cheese Garlic Toast Steamed Corn	<u>24</u> WG Chicken Tenders or BBQ Rib on WG Bun Seasoned Fries Maple Stick Baked Beans	<u>25</u> BD WG Pepperoni Pizza or WG Mini Corn Dogs Frozen Fruit Cup Garden Salad w/Ranch Tomatoes	<u>26-April Birthdays!!</u> WG Chicken Nuggets or Hamburger/Cheese on WG Bun/Potato Smiles WG Rice Krispy Treat Broccoli	<u>27-Breakfast for Lunch!</u> Mini Pancake Sausage Dogs or Chicken Patty Sandwich on WG Bun Hash Browns
<u>30</u> WG French Bread Cheese Pizza or Bean/Cheese WG Burrito Garden Salad w/Ranch Tomatoes	TRY OUR FRESH GARDEN BAR CHOICES!!		Meals Includes a Variety of Fresh Fruits, Vegetables & 1% White or Non Fat Chocolate Milk Daily!	



National School Lunch Program

