



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!!

AUGUST 2017



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



**NEW! Meatless
 MONDAY**

**Tremendous!
 TUESDAY**

**Wacky!
 WEDNESDAY**

**Terrific!
 THURSDAY**

**Fantastic!
 FRIDAY**

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

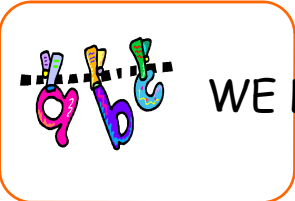
**National School
 Lunch Program**



WELCOME BACK!



WE HOPE YOU HAD A WONDERFUL SUMMER!



WE LOOK FORWARD TO SERVING YOUR STUDENTS!



14

15

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

17
 French Bread
 Pepperoni Pizza
 or Hamburger/WG Bun
 Tator Tots
Broccoli

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

21
 WG Cheesy Bread Bites
 & Marinara Sauce
 or Bean/Cheese Chalupa
 Frozen Fruit Cup
Mini Carrots

22
 WG Chicken Tenders
 or Mini BBQ Beef Sliders
 Seasoned Fries
 Maple Stick
 Baked Beans

23
 BD WG Pepperoni Pizza
 or WG Mini Corn Dogs
 Garden Salad w/Ranch
 Tomatoes
Steamed Corn

24-JULY/AUG Birthdays!
 WG Chicken Nuggets
 or Cheeseburger/WG Bun
 Potato Smiles
 WG Rice Krispy Treat
Broccoli

25-Breakfast for Lunch!
 Mini Pancake
 Sausage Dogs
 or Chicken Patty
 Sandwich on WG Bun
Hash Browns

28
 French Brd Cheese Pizza
 or Bean & Cheese
 WG Burrito
 Garden Salad w/Ranch
Tomatoes

29
 Teriyaki Beef Dippers
 w/Garlic Toast
 or BBQ Rib on WG Bun
 Amazing Sour Raisins
 Baked Beans

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

31
 Double Dogs
 on WG Bun
 or Hamburger/WG Bun
 Tator Tots
Broccoli

