



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](http://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!!

## DECEMBER 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**



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

4  
Big Daddy's Cheese Pizza or Bean & Cheese WG Burrito  
Garden Salad w/Ranch  
Tomatoes

5  
Turkey/Cheese w/WG Cracker Kit w/CookieDots or Mini BBQ Beef Sliders  
Frozen Fruit Cup  
Baked Beans

6  
BD WG Pepperoni Pizza or WG Mini Corn Dogs  
Garden Salad w/Ranch Tomatoes  
Steamed Corn

7  
Frnch Brd Pepperoni Pizza or Cheeseburger/WG Bun  
Potato Smiles  
WG Fruit Pie  
Broccoli

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

11  
WG Cheesy Bread Sticks & Marinara Sauce or Macaroni & Cheese w/G. Toast/Frozen Fruit Cup  
Mini Carrots

12  
Teriyaki Beef Dippers w/Garlic Toast or BBQ Rib on WG Bun  
Seasoned Fries  
Baked Beans

13  
WG Popcorn Chicken or WG Corn Dog  
Mashed Potatoes  
Gravy  
Soft Baked WG Cookie

14-December Birthdays!  
WG Chicken Nuggets or Hamburger/WG Bun  
Potato Smiles  
WG Rice Krispy Treat  
Broccoli

15  
WG Tortilla Chips w/Meat & Cheese or Chicken Patty Sandwich on WG Bun/Tortilla Chips  
Variety Veggies

18  
French Brd Cheese Pizza or Bean & Cheese WG Burrito  
Garden Salad w/Ranch  
Tomatoes

19  
WG Chicken Tenders or Mini BBQ Beef Sliders  
Seasoned Fries  
Maple Stick  
Baked Beans

20  
BD WG Pepperoni Pizza or WG Mini Corn Dogs  
Garden Salad w/Ranch Tomatoes  
Steamed Corn

21  
Double Dogs on WG Bun or Cheeseburger/WG Bun  
Tator Tots  
WG Fruit Pie  
Broccoli

22  
NO SCHOOL!  
HAVE A WONDERFUL HOLIDAY!!



26  
**WINTER BREAK HOLIDAY!**

27  
**WINTER BREAK HOLIDAY!**

28  
**WINTER BREAK HOLIDAY!**

