



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!!

JANUARY 2018



IT'S COOL!
TO EAT
AT
SCHOOL!!



**NEW! Meatless
MONDAY**

**Tremendous!
TUESDAY**

**Wacky!
WEDNESDAY**

**Terrific!
THURSDAY**

**Fantastic!
FRIDAY**



HAPPY NEW YEAR!

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8
Big Daddy's
WG Cheese Pizza or
Bean/Cheese WG Burrito
Garden Salad w/Ranch
Tomatoes

9
Turkey/Cheese w/WG
Cracker Kit w/CookieDots
or BBQ Rib on WG Bun
Amazing Sour Raisins
Baked Beans

10
WG Popcorn Chicken
or WG Corn Dog
Mashed Potatoes
Gravy
Soft Baked WG Cookie

11
Frnch Brd Pepperoni Pizza
or Hamburger or Cheese
on WG Bun
Tator Tots
Broccoli

12
WG Tortilla Chips
w/Meat & Cheese
or Chicken Patty Sandwich
on WG Bun/Tortilla Chips
Variety Veggies

15
NO SCHOOL!
MARTIN LUTHER
KING HOLIDAY!!

16
WG Chicken Tenders
or BBQ Rib on WG Bun
Seasoned Fries
Maple Stick
Baked Beans

17
BD WG Pepperoni Pizza
or WG Mini Corn Dogs
Frozen Fruit Cup
Garden Salad w/Ranch
Tomatoes

18-January Birthdays!
WG Chicken Nuggets
or Hamburger or Cheese
WG Bun / Potato Smiles
WG Rice Krispy Treat
Broccoli

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

22
WG French Bread
Cheese Pizza or
Bean/Cheese WG Burrito
Garden Salad w/Ranch
Tomatoes

23
Teriyaki Beef Dippers
w/Garlic Toast
or BBQ Rib on WG Bun
Seasoned Fries
Baked Beans

24
WG Popcorn Chicken
or WG Corn Dog
Mashed Potatoes
Gravy
Soft Baked WG Cookie

25
Double Dogs on WG Bun
or Hamburger or Cheese
on WG Bun / Tator Tots
WG Fruit Pie
Broccoli

26
WG Tortilla Chips
w/Meat & Cheese
or Chicken Patty Sandwich
on WG Bun/Tortilla Chips
Variety Veggies

29
Big Daddy's
WG Cheese Pizza
or Macaroni & Cheese
w/Garlic Toast
Steamed Corn

30
Turkey/Cheese w/WG
Cracker Kit w/CookieDots
or BBQ Rib on WG Bun
Seasoned Fries
Baked Beans

31
BD WG Pepperoni Pizza
or WG Mini Corn Dogs
Garden Salad w/Ranch
Frozen Fruit Cup
Tomatoes

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



**National School
Lunch Program**

