



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!!

## MARCH 2018

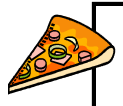


IT'S COOL!  
TO EAT  
AT  
SCHOOL!!

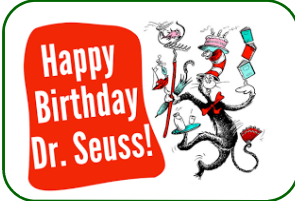


**NEW! Meatless MONDAY**      **Tremendous! TUESDAY**      **Wacky! WEDNESDAY**      **Terrific! THURSDAY**      **Fantastic! FRIDAY**

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



### National School Lunch Program



**1**  
Frnch Brd Pepperoni Pizza or Hamburger/Cheese on WG Bun/Tator Tots  
Amazing Sour Raisins  
Broccoli

**GREEN EGG COOKIE!**  
**2-DR SEUSS' BIRTHDAY!**  
WG Tortilla Chips w/Meat & Cheese or Chicken Patty Sandwich on WG Bun/Tortilla Chips  
GREEN BEANS

**5-GRADE PREP DAY! MINIMUM DAY**  
Macaroni & Cheese  
Garlic Toast  
Steamed Corn

**6**  
WG Chicken Tenders or BBQ Rib on WG Bun  
Seasoned Fries  
Maple Stick  
Baked Beans

**7**  
BD WG Pepperoni Pizza or WG Mini Corn Dogs  
Frozen Fruit Cup  
Garden Salad w/Ranch  
Tomatoes

**8-March Birthdays!**  
WG Chicken Nuggets or Hamburger/Cheese on WG Bun/Potato Smiles  
WG Rice Krispy Treat  
Broccoli

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

**12-CONFERENCE WEEK! MINIMUM DAY**  
WG French Bread  
Cheese Pizza  
Garden Salad w/Ranch  
Tomatoes

**13 MINIMUM DAY**  
BBQ Rib on WG Bun  
Seasoned Fries  
Maple Stick  
Baked Beans

**14 MINIMUM DAY**  
WG Corn Dog  
Mashed Potatoes  
Gravy  
Soft Baked WG Cookie

**15 MINIMUM DAY**  
Double Dogs on WG Bun  
Potato Smiles  
WG Fruit Pie  
Broccoli

**16 MINIMUM DAY**  
Chicken Patty Sandwich on WG Bun  
Tortilla Chips  
Variety Veggies

**19**  
Big Daddy's WG Cheese Pizza or Macaroni & Cheese  
Garlic Toast  
Steamed Corn

**20**  
Turkey/Cheese w/WG Cracker Kit w/CookieDots or BBQ Rib on WG Bun  
Seasoned Fries  
Baked Beans

**21**  
BD WG Pepperoni Pizza or WG Mini Corn Dogs  
Frozen Fruit Cup  
Garden Salad w/Ranch  
Tomatoes

**22-EASTER TREAT!**  
**COOK'S CHOICE!**  
ALL YOUR FAVORITES!  
SEE CAFETERIA MENU!!  
NO GRAB N GO's

**23 COOK'S CHOICE!**  
ALL YOUR FAVORITES!  
SEE CAFETERIA MENU!!  
NO GRAB N GO's

**26**

**27**      **28**      **29**

**SPRING BREAK!**  
March 26th to March 30th

**30**