



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!!

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

2
Double Dogs on WG Bun
or Cheeseburger/WG Bun
Tator Tots
WG Fruit Pie
Broccoli

3-Breakfast for Lunch
Maple WG French Toast
& Sausage Patty
or Chicken Patty
Sandwich on WG Bun
Hash Browns

6
Big Daddy's Cheese Pizza
or Bean & Cheese
WG Burrito
Garden Salad w/Ranch
Tomatoes

7
Turkey/Cheese w/WG
Cracker Kit w/CookieDots
or BBQ Rib on WG Bun
Amazing Sour Raisins
Baked Beans

8
WG Popcorn Chicken
or WG Corn Dog
Mashed Potatoes
Gravy
Soft Baked WG Cookie

9
French Bread
Pepperoni Pizza
or Hamburger/WG Bun
Tator Tots
Broccoli

10
NO SCHOOL!

VETERAN'S
DAY!!

13-Conference Week!
MINIMUM DAY
WG Cheesy Bread Sticks
& Marinara Sauce
Frozen Fruit Cup
Mini Carrots

14
MINIMUM DAY
Mini BBQ
Beef Sliders
Maple Stick
Baked Beans

15
MINIMUM DAY
BD WG Pepperoni Pizza
Garden Salad w/Ranch
Tomatoes
Steamed Corn

16-November Birthdays!
MINIMUM DAY
Cheeseburger on
WG Bun
WG Rice Krispy Treat
Broccoli

17-Breakfast for Lunch
MINIMUM DAY!
Mini Pancake
Sausage Dogs
Hash Browns

20



21

22

23

24



THANKSGIVING HOLIDAY!

27
French Brd Cheese Pizza
or Bean & Cheese
WG Burrito
Garden Salad w/Ranch
Tomatoes

28
Teriyaki Beef Dippers
w/Garlic Toast
or BBQ Rib on WG Bun
Amazing Sour Raisins
Baked Beans

29
WG Popcorn Chicken
or WG Corn Dog
Mashed Potatoes
Gravy
Soft Baked WG Cookie

30
Double Dogs
on WG Bun
or Hamburger/WG Bun
Tator Tots
Broccoli

