



Be Smart - Eat Healthy!
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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!!

OCTOBER 2017



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



NEW! Meatless MONDAY	Tremendous! TUESDAY	Wacky! WEDNESDAY	Terrific! THURSDAY	Fantastic! FRIDAY
<p><u>2</u> WG Cheesy Bread Sticks & Marinara Sauce or Bean Dip w/Chips Frozen Fruit Cup Mini Carrots</p>	<p><u>3</u> WG Chicken Tenders or Mini BBQ Beef Sliders Seasoned Fries Tuesday Treat Baked Beans</p>	<p><u>4</u> BD WG Pepperoni Pizza or WG Mini Corn Dogs Garden Salad w/Ranch Tomatoes Steamed Corn</p>	<p><u>5</u> WG Chicken Nuggets or Cheeseburger/WG Bun Potato Smiles WG Rice Krispy Treat Broccoli</p>	<p>6-Breakfast for Lunch Mini Pancake Sausage Dogs or Chicken Patty Sandwich on WG Bun/Tortilla Chips Hash Browns</p>
<p><u>9</u> NO SCHOOL! IN SERVICE DAY!!</p>	<p><u>10</u> Teriyaki Beef Dippers Garlic Toast or BBQ Rib on WG Bun Amazing Sour Raisins Baked Beans</p>	<p><u>11</u> WG Popcorn Chicken or WG Corn Dog Mashed Potatoes Gravy Soft Baked WG Cookie</p>	<p><u>12</u> Double Dogs on WG Bun or Hamburger/WG Bun Tator Tots Broccoli</p>	<p><u>13</u> WG Tortilla Chips w/Meat & Cheese or Chicken Patty Sandwich on WG Bun/Tortilla Chips Variety Veggies</p>
<p><u>16</u> Big Daddy's Cheese Pizza or Bean & Cheese WG Burrito Garden Salad w/Ranch Tomatoes</p>	<p><u>17</u> Turkey/Cheese w/WG Cracker Kit w/CookieDots or Mini BBQ Beef Sliders Frozen Fruit Cup Baked Beans</p>	<p><u>18</u> BD WG Pepperoni Pizza or WG Mini Corn Dogs Garden Salad w/Ranch Tomatoes Steamed Corn</p>	<p><u>19</u> Frnch Brd Pepperoni Pizza or Cheeseburger/WG Bun Potato Smiles WG Fruit Pie Broccoli</p>	<p>20-Breakfast for Lunch Cinnamon WG Pancake & 2 Bacon Strips or Chicken Patty Sandwich on WG Bun/Tortilla Chips Hash Browns</p>
<p><u>23</u> WG Cheesy Bread Sticks & Marinara Sauce or Bean Dip w/Chips Frozen Fruit Cup Mini Carrots</p>	<p><u>24</u> Teriyaki Beef Dippers Garlic Toast or BBQ Rib on WG Bun Seasoned Fries Baked Beans</p>	<p><u>25</u> WG Popcorn Chicken or WG Corn Dog Mashed Potatoes Gravy Soft Baked WG Cookie</p>	<p>26-October Birthdays! WG Chicken Nuggets or Hamburger/WG Bun Potato Smiles WG Rice Krispy Treat Broccoli</p>	<p><u>27</u> WG Tortilla Chips w/Meat & Cheese or Chicken Patty Sandwich on WG Bun/Tortilla Chips Variety Veggies</p>
<p><u>30</u> French Brd Cheese Pizza or Bean & Cheese WG Burrito Garden Salad w/Ranch Tomatoes</p>	<p>31-Halloween! WG Chicken Tenders or Mini BBQ Beef Sliders Seasoned Fries Halloween Treat Baked Beans</p>		<p>Meals Includes a Variety of Fresh Fruits, Vegetables & 1% White or Non Fat Chocolate Milk Daily!</p>	



National School Lunch Program

