



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!

SUMMER SCHOOL

JUNE/JULY 2018



IT'S COOL!
TO EAT
AT
SCHOOL!!



NEW! Meatless MONDAY	Tremendous! TUESDAY	Wacky! WEDNESDAY	Terrific! THURSDAY	Fantastic! FRIDAY
<u>18</u> Pancake Sausage Nuggets or WG Chicken Nuggets Tator Tots	<u>19</u> Corn Dog Hamburger/Cheeseburger on WG Bun w/Seasoned Fries	<u>20</u> BBQ Rib on WG Bun or Macaroni & Cheese w/Baked Beans	<u>21</u> <u>Breakfast for Lunch</u> Pancake Sausage Nuggets or Chicken Patty Sandwich on WG Bun Green Beans	<u>22</u> TurkeyHam/Cheese Wedge Sandwich or Turkey/Cheese w/ WG Cracker Kit w/ Cookie-
<u>25</u> Pancake Sausage Nuggets or WG Chicken Nuggets Tator Tots	<u>26</u> Corn Dog Hamburger/Cheeseburger on WG Bun w/Seasoned Fries	<u>27</u> BBQ Rib on WG Bun or Macaroni & Cheese w/Baked Beans	<u>28</u> <u>Breakfast for Lunch</u> Pancake Sausage Nuggets or Chicken Patty Sandwich on WG Bun Green Beans	<u>29</u> TurkeyHam/Cheese Wedge Sandwich or Turkey/Cheese w/ WG Cracker Kit w/ CookieDots
<u>02</u> Pancake Sausage Nuggets or WG Chicken Nuggets Tator Tots	<u>03</u> Corn Dog Hamburger/Cheeseburger on WG Bun w/Seasoned Fries	<u>04</u> 4th of July NO SCHOOL	<u>05</u> <u>Breakfast for Lunch</u> Pancake Sausage Nuggets or Chicken Patty Sandwich on WG Bun Green Beans	<u>06</u> ~~PICNIC LUNCH~~ TurkeyHam/Cheese Wedge Sandwich or Turkey/Cheese w/ WG Cracker Kit w/ CookieDots
<u>09</u> Pancake Sausage Nuggets or WG Chicken Nuggets Tator Tots	<u>10</u> Corn Dog Hamburger/Cheeseburger on WG Bun w/Seasoned Fries	<u>11</u> BBQ Rib on WG Bun or Macaroni & Cheese w/Baked Beans	<u>12</u> COOK'S CHOICE	<u>13</u> COOK'S CHOICE

1% WHITE MILK or NON FAT CHOCOLATE MILK,
FRUIT & VEGGIE CHOICES AND A TREAT
AVAILABLE WITH MEALS DAILY!!

MENU SUBJECT TO CHANGE



National School Lunch Program

