

LUNCH PRICE:

\$3.25

Reduced .40



ROCKLIN HIGH LUNCH MENU 2016-2017

National
School
Lunch
Program

Get Up and Go MONDAY

Big Daddy Cheese
or Pepperoni Pizza

Smokin' BBQ Rib
Sandwich

Spicy Chicken Breast
Sandwich w/lettuce
& tomato

Variety Vegetables May
include:

- *Lettuce, Tomato &
Pickle cup
- *Broccoli & Carrot cups
w/ranch
- *Side Salad w/ranch
- *Mini Carrots

Meals include a variety
of fresh fruits &
vegetables including our
Featured Vegetable
CORN
& 1% white or non fat
chocolate milk

Move & Groove TUESDAY

Cheesy Bosco Sticks
w/parmesan cheese
& marinara sauce

Chicken Breast
Sandwich w/lettuce
& tomato

Spicy Chicken
Tenders w/seasoned
fries & garlic toast

House made
Caesars Salad w/
chicken, shredded
parmesan cheese,
croutons & dressing

House made
Chicken Mashed
Potato Bowl w/corn,
gravy & roll

Meals includes a variety
of fresh fruits &
vegetables including our
Featured Vegetable
MINI CARROTS
& 1% white or non fat
chocolate milk

Half Way WEDNESDAY

Big Daddy Buffalo or
cheese Pizza

Smokin' BBQ Rib
Sandwich

House made
Calzone w/cheese,
pepperoni & sausage

House made
Chicken Twister
w/ranch, lettuce
& cheese

House made
Zesty Bean & Cheese
Burrito w/salsa

Meals includes a variety
of fresh fruits &
vegetables including our
Featured Vegetable
BROCCOLI
& 1% white or non fat
chocolate milk

Almost There THURSDAY

Cheesy Bosco Sticks
w/parmesan cheese
& marinara sauce

Smokin' BBQ Rib
Sandwich

Spicy Chicken
Tenders w/seasoned
fries & garlic toast

House made
Caesars Salad
w/chicken, shredded
parmesan cheese,
croutons & dressing

House made
Orange Chicken &
Rice Bowl w/carrots
OR
Teriyaki Chicken &
rice bowl w/broccoli

Meals includes a variety
of fresh fruits &
vegetables including our
Featured Vegetable
BAKED BEANS
& 1% white or non fat
chocolate milk

We Made It FRIDAY

Big Daddy All Meat
or Cheese Pizza

House made
BBQ Chicken Salad
w/corn, cheese,
tomatoes, ranch &
BBQ sauce

Mega Bacon Cheese
Burger w/lettuce
tomato & pickles

House made
Big Beefy Burrito
stuffed w/rice, beans,
cheese & salsa

House made
Calzone w/cheese,
pepperoni & sausage

House made
Philly Cheese Steak
Sandwich on
Flatbread

Meals includes a variety
of fresh fruits &
vegetables including our
Featured Vegetable
MINI CARROTS
& 1% white or non fat
chocolate milk

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Revised 11/17/16

ITEMS ARE SUBJECT TO CHANGE