

MEALS ARE FREE TO ALL STUDENTS  
REGARDLESS OF NEED

MEALS ARE FREE TO ALL  
STUDENTS REGARDLESS OF  
NEED

**ROCKBRIDGE COUNTY PUBLIC SCHOOLS**  
**SEPTEMBER 7 - OCTOBER 8, 2021 5 WEEK CYCLE MENU**

A COMPLETE LUNCH INCLUDES 1 PROTEIN/GRAIN ENTRÉE, 1 SERVING OF FRUIT, 1 OR 2 SERVINGS OF VEGETABLES & ONE-HALF PINT MILK.  
STUDENTS MAY SELECT LESS FOOD BUT MUST CHOOSE AT LEAST 1/2 CUP OF FRUIT OR VEGETABLE WITH LUNCH EVERYDAY.

\*\*\*\*\* MEALS ARE FREE TO ALL STUDENTS FOR SY21-22 SCHOOL YEAR \*\*\*\*\*

A COMPLETE BREAKFAST INCLUDES: 2 OZ. GRAIN OR 1 OZ. GRAIN AND MEAT/MEAT ALTERNATE, 1 CUP FRUIT AND MILK. CHOOSE 3 OR 4 ITEMS.  
BREAKFAST MUST INCLUDE AT LEAST 1/2 CUP FRUIT OR 1/2 CUP 100% FRUIT JUICE

MENUS ARE SUBJECT TO CHANGE DUE TO SUPPLIER AVAILABILITY THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. All condiments are optional.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>CYCLE WEEK 4 SEPTEMBER 6</b>  <b>NO SCHOOL</b>  	<b>7</b> <b>Breakfast</b> CEREAL FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHICKEN NUGGETS W/ROLL CORN TOMATO CUP FRUIT ASSORTMENT CHOICE OF MILK	<b>8</b> <b>Breakfast</b> CINNAMON BUN FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> BAR-B-QUE ON BUN COLE SLAW BAKED BEANS FRUIT ASSORTMENT CHOICE OF MILK	<b>9</b> <b>Breakfast</b> EGG & CHEESE BISCUIT FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> POPCORN CHICKEN MASHED POTATOES ROMAINE SALAD FRUIT ASSORTMENT CHOICE OF MILK	<b>10</b> <b>Breakfast</b> FRUDEL FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHEESE PIZZA GREEN BEANS CARROTS-DIP OPTIONAL FRUIT ASSORTMENT CHOICE OF MILK
<b>CYCLE WEEK 5 SEPTEMBER 13</b> <b>Breakfast</b> FRENCH TOAST STICKS FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHICKEN PATTY ON BUN STEAMED PEAS FRENCH FRIES FRUIT ASSORTMENT CHOICE OF MILK	<b>14</b> <b>Breakfast</b> BREAKFAST PIZZA FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> STEAK & GRAVY w/ Roll MASHED POTATOES GREEN BEANS FRUIT ASSORTMENT CHOICE OF MILK	<b>15</b> <b>Breakfast</b> CERAL AND YOGURT FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> HOT ITALIAN SUB ROMAINE SALAD SWEET POTATO TOTS FRUIT ASSORTMENT CHOICE OF MILK	<b>16</b> <b>Breakfast</b> PANCAKES FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> PEPPERONI PIZZA CORN BABY TOMATOES FRUIT ASSORTMENT CHOICE OF MILK	<b>17</b> <b>Breakfast</b> MUFFIN & CHEESE STICK FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHEESEBURGER ON BUN W/DORITOS BAKED BEANS POTATO WEDGES CHOICE OF MILK
<b>CYCLE WEEK 1 SEPTEMBER 20</b> <b>Breakfast</b> CHICKEN BISCUIT FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> FRENCH TOAST & SAUSAGE HASH BROWN POTATO PATTY TOMATOES FRUIT ASSORTMENT CHOICE OF MILK	<b>21</b> <b>Breakfast</b> FRUDEL FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> LASAGNA W/ROLL GREEN BEANS CUCUMBER WHEELS FRUIT ASSORTMENT CHOICE OF MILK	<b>22</b> <b>Breakfast</b> PANCAKES FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHICKEN NUGGETS W/ROLL MASHED POTATOES STEAMED BROCCOLI FRUIT ASSORTMENT CHOICE OF MILK	<b>23</b> <b>Breakfast</b> WAFFLE FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> TACO BOWL W/SCOOPS REFRIED BEANS CORN FRUIT ASSORTMENT CHOICE OF MILK	<b>24</b> <b>Breakfast</b> CEREAL FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> HAMBURGER ON BUN CARROTS-DIP OPTIONAL POTATO SMILES FRUIT ASSORTMENT CHOICE OF MILK
<b>CYCLE WEEK 2 SEPTEMBER 27</b> <b>Breakfast</b> CINNAMON BUN FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHEESE BITES W/SAUCE BROCCOLI POTATO TOTS FRUIT ASSORTMENT CHOICE OF MILK	<b>28</b> <b>Breakfast</b> SAUSAGE BISCUIT FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CORN DOG NUGGETS TOMATO CUP STEAMED PEAS FRUIT ASSORTMENT CHOICE OF MILK	<b>29</b> <b>Breakfast</b> BREAKFAST PIZZA FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> HOT HAM & CHEESE ON BUN GREEN BEANS SWEET POTATO PUFFS ROLL FRUIT ASSORTMENT CHOICE OF MILK	<b>30</b> <b>Breakfast</b> PANCAKE ON STICK FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHICKEN AND CHEESE QUESADILLA REFRIED BEANS SEASONED CORN FRUIT ASSORTMENT CHOICE OF MILK	<b>OCTOBER 1</b> <b>Breakfast</b> FRENCH TOAST FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> PIZZA CUCUMBER WHEELS BAKED POTATO WEDGES FRUIT ASSORTMENT CHOICE OF MILK COOKIE
<b>CYCLE WEEK 3 OCTOBER 4</b> <b>Breakfast</b>  FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> HOT DOG ON BUN SWEET POTATO FRIES TOMATO CUP FRUIT ASSORTMENT CHOICE OF MILK	<b>5</b> <b>Breakfast</b> CEREAL FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> BAKED SPAGHETTI ROMAINE SALAD STEAMED CORN FRUIT ASSORTMENT CHOICE OF MILK	<b>6</b> <b>Breakfast</b> CINNAMON BUN FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> CHICKEN W/GRAVY BISCUIT MASHED POTATOES GREEN BEANS FRUIT ASSORTMENT CHOICE OF MILK	<b>7</b> <b>Breakfast</b> EGG & CHEESE BISCUIT FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> SAUSAGE BISCUIT MAC & CHEESE VEGGIE CUP (3/4 CUP) FRUIT ASSORTMENT CHOICE OF MILK	<b>8</b> <b>Breakfast</b> FRUDEL FRUIT AND 100% JUICE CHOICE OF MILK  <b>Lunch</b> BAKED CHICKEN W/ROLL FRESH CARROTS (DIP OPT.) BAKED BEANS FRUIT ASSORTMENT CHOICE OF MILK