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REGARDLESS OF NEED

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ROCKBRIDGE COUNTY PUBLIC SCHOOLS
SEPTEMBER 13- OCTOBER 15, 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
CYCLE WEEK 5 SEPTEMBER 13 Breakfast FRENCH TOAST STICKS FRUIT AND 100% JUICE CHOICE OF MILK Lunch CHICKEN PATTY ON BUN STEAMED PEAS SWEET POTATO TOTS FRUIT ASSORTMENT CHOICE OF MILK	14 Breakfast BREAKFAST PIZZA FRUIT AND 100% JUICE CHOICE OF MILK Lunch STEAK & GRAVY w/ Roll MASHED POTATOES GREEN BEANS FRUIT ASSORTMENT CHOICE OF MILK	15 Breakfast CERAL AND YOGURT FRUIT AND 100% JUICE CHOICE OF MILK Lunch HOT ITALIAN SUB ROMAINE SALAD FRENCH FRIES FRUIT ASSORTMENT CHOICE OF MILK	16 Breakfast PANCAKES FRUIT AND 100% JUICE CHOICE OF MILK Lunch PEPPERONI PIZZA CORN BABY TOMATOES FRUIT ASSORTMENT CHOICE OF MILK	17 Breakfast MUFFIN & CHEESE STICK FRUIT AND 100% JUICE CHOICE OF MILK Lunch CHEESEBURGER ON BUN W/DORITOS BAKED BEANS POTATO WEDGES CHOICE OF MILK
CYCLE WEEK 1 SEPTEMBER 20 Breakfast CHICKEN BISCUIT FRUIT AND 100% JUICE CHOICE OF MILK Lunch FRENCH TOAST & SAUSAGE HASH BROWN POTATO PATTY TOMATOES FRUIT ASSORTMENT CHOICE OF MILK	21 Breakfast FRUDEL FRUIT AND 100% JUICE CHOICE OF MILK Lunch LASAGNA W/ROLL GREEN BEANS CUCUMBER WHEELS FRUIT ASSORTMENT CHOICE OF MILK	22 Breakfast PANCAKES FRUIT AND 100% JUICE CHOICE OF MILK Lunch CHICKEN NUGGETS W/ROLL MASHED POTATOES STEAMED BROCCOLI FRUIT ASSORTMENT CHOICE OF MILK	23 Breakfast WAFFLE FRUIT AND 100% JUICE CHOICE OF MILK Lunch TACO BOWL W/SOOPS REFRIED BEANS CORN FRUIT ASSORTMENT CHOICE OF MILK	24 Breakfast CEREAL FRUIT AND 100% JUICE CHOICE OF MILK Lunch HAMBURGER ON BUN CARROTS-DIP OPTIONAL POTATO SMILES FRUIT ASSORTMENT CHOICE OF MILK
CYCLE WEEK 2 SEPTEMBER 27 Breakfast CINNAMON BUN FRUIT AND 100% JUICE CHOICE OF MILK Lunch CHEESE BITES W/SAUCE BROCCOLI POTATO TOTS FRUIT ASSORTMENT CHOICE OF MILK	28 Breakfast SAUSAGE BISCUIT FRUIT AND 100% JUICE CHOICE OF MILK Lunch CORN DOG NUGGETS TOMATO CUP STEAMED PEAS FRUIT ASSORTMENT CHOICE OF MILK	29 Breakfast BREAKFAST PIZZA FRUIT AND 100% JUICE CHOICE OF MILK Lunch HOT HAM & CHEESE ON BUN GREEN BEANS SWEET POTATO PUFFS FRUIT ASSORTMENT CHOICE OF MILK	30 Breakfast PANCAKE ON STICK FRUIT AND 100% JUICE CHOICE OF MILK Lunch CHICKEN AND CHEESE QUESADILLA REFRIED BEANS SEASONED CORN FRUIT ASSORTMENT CHOICE OF MILK	OCTOBER 1 Breakfast FRENCH TOAST FRUIT AND 100% JUICE CHOICE OF MILK Lunch PIZZA CUCUMBER WHEELS BAKED POTATO WEDGES FRUIT ASSORTMENT CHOICE OF MILK COOKIE
CYCLE WEEK 3 OCTOBER 4 Breakfast PANCAKES FRUIT AND 100% JUICE CHOICE OF MILK Lunch SAUSAGE BISCUIT MAC & CHEESE VEGGIE CUP (3/4 CUP) FRUIT ASSORTMENT CHOICE OF MILK	5 Breakfast CEREAL FRUIT AND 100% JUICE CHOICE OF MILK Lunch CHEESE BITES W/SAUCE ROMAINE SALAD STEAMED CORN FRUIT ASSORTMENT CHOICE OF MILK	6 Breakfast CINNAMON BUN FRUIT AND 100% JUICE CHOICE OF MILK Lunch CORN DOGS BAKED BEANS POTATO TOTS FRUIT ASSORTMENT CHOICE OF MILK	7 Breakfast EGG & CHEESE BISCUIT FRUIT AND 100% JUICE CHOICE OF MILK Lunch BAKED CHICKEN W/ROLL POTATO WEDGES CUCUMBER WHEELS FRUIT ASSORTMENT CHOICE OF MILK	8 Breakfast FRUDEL FRUIT AND 100% JUICE CHOICE OF MILK Lunch POPCORN CHICKEN GREEN BEANS BABY CARROTS FRUIT ASSORTMENT CHOICE OF MILK
CYCLE WEEK 4 OCTOBER 11 Breakfast FRUIT AND 100% JUICE CHOICE OF MILK Lunch HAMBURGER ON BUN POTATO SMILES BROCCOLI W/CHEESE FRUIT ASSORTMENT CHOICE OF MILK	12 Breakfast CEREAL FRUIT AND 100% JUICE CHOICE OF MILK Lunch CHICKEN NUGGETS W/ROLL CORN TOMATO CUP FRUIT ASSORTMENT CHOICE OF MILK	13 Breakfast CINNAMON BUN FRUIT AND 100% JUICE CHOICE OF MILK Lunch BAR-B-QUE ON BUN COLE SLAW BAKED BEANS FRUIT ASSORTMENT CHOICE OF MILK	14 Breakfast EGG & CHEESE BISCUIT FRUIT AND 100% JUICE CHOICE OF MILK Lunch POPCORN CHICKEN MASHED POTATOES ROMAINE SALAD FRUIT ASSORTMENT CHOICE OF MILK	15 Breakfast FRUDEL FRUIT AND 100% JUICE CHOICE OF MILK Lunch CHEESE PIZZA GREEN BEANS CARROTS-DIP OPTIONAL FRUIT ASSORTMENT CHOICE OF MILK