

Ocotber- November 10
2017



Rocky Grove
Middle & High School
Lunch Menu

What is a Meal?
You must choose at least 3 of the 5 components available for the school lunch price. A minimum of 1/2 cup serving of fruit or a minimum of a 1/2 cup of vegetable must accompany a reimbursable lunch

Meat or meat alternate
Choice of Vegetable
Choice of Fruit
Grain/Bread
Choice of Milk - 1% white, fat-free white, chocolate, vanilla and strawberry

Weekly Vegetable Subgroups May include:

Dark Green - spinach, broccoli, romaine and spring salad
Red/Orange - carrots, sweet potatoes, tomatoes and red peppers
Legumes - beans and peas
Starchy - potatoes, corn, peas & lima beans
Other Vegetables - celery sticks, cucumbers, cauliflower, green peppers, green beans, cabbage and green peppers

Daily Fruit Selections May include:

oranges, apples, bananas, grapes, pears, peaches, cantaloupe, melon, strawberries, applesauce, pineapple, 100% fruit juices and mandarin oranges

Leave Your Lunch at Home

Daily entrée options may include:
Cheese Burger on a Bun
Chicken Patty on a Bun
Chicken Nuggets with Pretzel Stick
Cheese or Pepperoni Pizza

UP FOR GRABS

Chicken Caesar Salad with Dinner Roll
Strawberry Spinach Salad with Dinner Roll
Weekly Featured Salad such as:
Asian Salad
BBQ Chicken Salad
Taco Salad
Daily Wraps Include:
Ham & Cheese Wrap or Turkey & Cheese Wrap
Weekly Featured Wraps May include:
Asian BBQ Chicken Wrap
Chicken Caesar Wrap
Club Sandwich Wrap
Turkey & Cheese Flat Bread
Buffalo Chicken Roll Up Wrap
Turkey & Spinach Roll Up Wrap

"METZ GRILLE"





Lunch Prices
Student \$2.50
Reduced \$.40
Adult Price \$3.50
Milk \$0.60

Director of Food Service
Bonnie Felton 814-437-3759 ext 1801

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USDA is an equal opportunity provider and employer.

Apply Today to become a substitute cafeteria worker

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
NACHO BAR FEATURING A WIDE VARIETY OF FLAVORFUL TOPPERS AND SAUCES				
Ziti & Meatballs Cowboy Burger Featured Veggies: Steamed Green Beans Fresh Cukes Choice of Fruit & Milk	Chicken Fajita Turkey & Cheese on a Pretzel Roll Featured Veggies: Sweet Potatoes Celery Choice of Fruit & Milk	General Tso's/Rice Meatball Hoagie Featured Veggies: Stir Fry Red Pepper Strips Choice of Fruit & Milk	Chicken Alfredo Texas Toasted Grilled Cheese Featured Veggies: Tomato Soup Baby Carrots Choice of Fruit & Milk	Vacation Day 
DELI BAR CHOICE OF DELI MEATS & CHEESE- SOFT TORTILLA WRAP - HOAGIE ROLL				
 National School Lunch Week October 9-13	Hot Italian Sausage Hoagie BBQ Ribby on Bun Featured Veggies: Tator Tots Caesar Salad Choice of Fruit & Milk	Popcorn Chicken Bowl Spicy Chicken Patty on Bun Featured Veggies: Sweet Corn Spinach Salad Choice of Fruit & Milk	Hot Turkey Sandwich Chili Dog on Bun Featured Veggies: Mashed Potatoes Fresh Carrots Choice of Fruit & Milk	Buffalo Chicken Quesadilla Chicken Nuggets/ Dinner Roll Featured Veggies: Baked Beans Romaine Salad Choice of Fruit & Milk
PASTA BAR CHOICE OF MEAT SAUCE - CHICKEN ALFREDO - MARINARA SAUCE-GARLIC BREAD STICKS				
French Toast Stick with Sausage Patty Sloppy Joe on Bun Featured Veggies: Hash Brown Patty Baby Carrots Choice of Fruit & Milk	Nacho's w/ Meat & Cheese Cheeseburger on Bun Featured Veggies: Refried Beans Coleslaw Choice of Fruit & Milk	Walking Taco Hot Ham & Cheese Croissant Featured Veggies: Mashed Potatoes/corn Fresh Broccoli Choice of Fruit & Milk	Hamburger on Bun Spicy Chicken Patty on Bun Featured Veggies: Orange Glazed Carrots Carrots/Celery Choice of Fruit & Milk	Kielbasa & Pierogies Bacon Cheeseburger on Bun Featured Veggies: Green Beans Cukes/ Tomato Choice of Fruit & Milk
ASIAN BAR CHOICE OF SWEET & SOUR CHICKEN - SESAME CHICKEN - BEEF & BROCCOLI - RICE - NOODLES				
Fiestada Pizza Ranchero Chicken Patty on Bun Featured Veggies: Seasoned French Fries Black Bean Choice of Fruit & Milk	Philly Steak & Cheese on Roll Hamburger on Bun Featured Veggies: Spicy Sweet Potatoes Broccoli/Red Pepper Strips Choice of Fruit & Milk	Hot Dog on a Bun Popcorn Chicken Featured Veggies: Baked Beans Carrots/Cukes Choice of Fruit & Milk	Chicken in Gravy over Biscuit Cheeseburger on Bun Featured Veggies: Mashed Potatoes Carrots/Celery Choice of Fruit & Milk	BBQ Pork Sandwich Chicken Nuggets Featured Veggies: Steamed Broccoli Cukes/Tomato Wedge Choice of Fruit & Milk
JACKED UP FRIES BAR FEATURING A WIDE VARIETY OF FLAVORFUL TOPPERS AND SAUCES				
French Toast Stick w/Sausage Patty Cheeseburger on Bun Featured Veggies: Hash Brown Patty Carrots/Cukes Choice of Fruit & Milk	Nacho Grande Meatball Hoagie Featured Veggies: Refried Beans Salad/Cherry Tomatoes/Celery Choice of Fruit & Milk	Lasagna Roll-up w/ Garlic Bread Stick BBQ Rib Sandwich Featured Veggies: Steamed Broccoli Garden Salad Choice of Fruit & Milk	Boneless Wings Ham & Cheese on Pretzel Roll Featured Veggies: Tator Tots Carrots/Celery Choice of Fruit & Milk	Macaroni & Cheese w/ Roll Chicken Tenders Featured Veggies: Stewed Tomatoes Cukes/Tomato Wedge Choice of Fruit & Milk
GRILL BAR FEATURING A WIDE VARIETY OF FLAVORFUL TOPPERS AND SAUCES				
Stuffed Crust Pizza Chicken Parmesan Featured Veggies: Curly Fries Carrots/Cukes Choice of Fruit & Milk	Beef & Cheese Burrito Chicken Patty on Bun Featured Veggies: Refried Beans Salad/Broccoli/Celery Choice of Fruit & Milk	Spaghetti & Meatballs w/ Garlic Bread Stick Grilled Chicken Breast Featured Veggies: Steamed Zucchini Romaine Salad Choice of Fruit & Milk	Popcorn Chicken Hoagie Chicken Nuggets w/ Dinner Roll Featured Veggies: Mashed Potatoes/Corn Carrots/Celery Choice of Fruit & Milk	Beef Taco Italian Dunkers Featured Veggies: Mexicala Corn Cukes/Tomato Wedge Choice of Fruit & Milk