

May 7 - June 5
2018



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
Food Service Office
814-437-3759 ext 1801
ma1099@metzcorp.com

USDA is an equal opportunity provider and employer.

Apply today to become a substitute cafeteria employee

Monday 7 Tuesday 8 Wednesday 9 Thursday 10 Friday 11

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 Toasted Cheese Featured Veggies: Tomato Soup Baby Carrots Choice of Fruit & Milk	Beef w/ Broccoli & Noodles Seasoned Wings Featured Veggies: Pork & Beans Cukes/Tomato Choice of Fruit & Milk
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DELI BAR
CHOICE OF DELI MEATS & CHEESE- SOFT TORTILLA WRAP - HOAGIE ROLL

Panckes w/ Sausage Sloppy Jo on Bun Featured Veggies: Hashbrown 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 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 Cukes/Cherry Tomatoes Choice of Fruit & Milk
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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	Hot Dog on Bun 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
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COOK'S CHOICE BAR

Memorial Day 	Philly Cheese Steak on Roll Hamburger on Bun Featured Veggies: Sweet Potato Broccoli & Red Pepper Strips Choice of Fruit & Milk	Popcorn Chicken Bowl Turkey & Cheese on Pretzel Roll Featured Veggies: Baked Beans Carrots & Cukes Choice of Fruit & Milk	Cheeseburger on Bun Cook's Choice Featured Veggies: Cook's Choice Cook's Choice Choice of Fruit & Milk	BBQ Rib Patty on Bun Cook's Choice Featured Veggies: Cook's Choice Cook's Choice Choice of Fruit & Milk
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COOK'S CHOICE BAR

Meatball Sandwich Cook's Choice Featured Veggies: Cook's Choice Cook's Choice Choice of Fruit & Milk	Last Day / Half Day Grab & Go Assorted Lunch Choice of Fruit & Milk			
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