

March 26 - May 4  
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

Wk5

Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
<b>NACHO BAR</b> FEATURING A WIDE VARIETY OF FLAVORFUL TOPPERS AND SAUCES				
Ziti & Meatballs Cowboy Burger  <b>Featured Veggies:</b> Steamed Green Beans Fresh Cukes Choice of Fruit & Milk	Chicken Fajita Turkey & Cheese on a Pretzel Roll  <b>Featured Veggies:</b> Sweet Potatoes Celery Choice of Fruit & Milk	General Tso's/Rice Meatball Hoagie  <b>Featured Veggies:</b> Stir Fry Red Pepper Strips Choice of Fruit & Milk		
2	3	4	5	6
<b>DELI BAR</b> CHOICE OF DELI MEATS & CHEESE- SOFT TORTILLA WRAP - HOAGIE ROLL				
		Walking Taco Spicy Chicken Patty on Bun  <b>Featured Veggies:</b> Sweet Corn Spinach Salad Choice of Fruit & Milk	Hot Turkey Sandwich Chili Dog on Bun  <b>Featured Veggies:</b> Mashed Potatoes Fresh Carrots Choice of Fruit & Milk	Buffalo Chicken Quesadilla Chicken Nuggets/ Dinner Roll  <b>Featured Veggies:</b> Baked Beans Cukes/Cherry Tomatoes Choice of Fruit & Milk
9	10	11	12	13
<b>PASTA BAR</b> CHOICE OF MEAT SAUCE - CHICKEN ALFREDO - MARINARA SAUCE-GARLIC BREAD STICKS				
French Toast Stick with Sausage Patty Sloppy Joe on Bun <b>Featured Veggies:</b> Hash Brown Patty Baby Carrots Choice of Fruit & Milk	Nacho's w/ Meat & Cheese Cheeseburger on Bun  <b>Featured Veggies:</b> Refried Beans Coleslaw Choice of Fruit & Milk	Hot Dog on Bun Hot Ham & Cheese Croissant  <b>Featured Veggies:</b> Mashed Potatoes/corn Fresh Broccoli Choice of Fruit & Milk	Hamburger on Bun Spicy Chicken Patty on Bun  <b>Featured Veggies:</b> Orange Glazed Carrots Carrots/Celery Choice of Fruit & Milk	Kielbasa & Pierogies Bacon Cheeseburger on Bun  <b>Featured Veggies:</b> Green Beans Cukes/ Tomato Choice of Fruit & Milk
16	17	18	19	20
<b>ASIAN BAR</b> CHOICE OF SWEET & SOUR CHICKEN - SESAME CHICKEN - BEEF & BROCCOLI - RICE - NOODLES				
Fiesta Pizza Ranchero Chicken Chicken on Bun  <b>Featured Veggies:</b> Seasoned French Fries Black Bean Choice of Fruit & Milk	Philly Steak & Cheese on Roll Hamburger on Bun  <b>Featured Veggies:</b> Spicy Sweet Potatoes Broccoli/Red Pepper Strips Choice of Fruit & Milk	Popcorn Chicken Bowl Turkey & Cheese on Pretzel Roll  <b>Featured Veggies:</b> Baked Beans Carrots/Cukes Choice of Fruit & Milk	Chicken in Gravy over Biscuit Cheeseburger on Bun  <b>Featured Veggies:</b> Mashed Potatoes Carrots/Celery Choice of Fruit & Milk	BBQ Pork Sandwich Chicken Nuggets  <b>Featured Veggies:</b> Steamed Broccoli Cukes/Tomato Wedge Choice of Fruit & Milk
23	24	25	26	27
<b>TACO BAR</b> FEATURING A WIDE VARIETY OF FLAVORFUL TOPPERS AND SAUCES				
French Toast Stick w/Sausage Patty Cheeseburger on Bun  <b>Featured Veggies:</b> Hash Brown Patty Carrots/Cukes Choice of Fruit & Milk	Nacho Grande Meatball Hoagie  <b>Featured Veggies:</b> Refried Beans Salad/Cherry Tomatoes/Celery Choice of Fruit & Milk	Lasagna Roll -up w/ Garlic Bread Stick BBQ Rib Sandwich <b>Featured Veggies:</b> Steamed Broccoli Garden Salad Choice of Fruit & Milk	Boneless Wings Ham & Cheese on Pretzel Roll  <b>Featured Veggies:</b> Tator Tots Carrots/Celery Choice of Fruit & Milk	Macaroni & Cheese w/ Roll Chicken Tenders  <b>Featured Veggies:</b> Stewed Tomatoes Cukes/Tomato Wedge Choice of Fruit & Milk
30	1	2	3	4
<b>GRILL BAR</b> FEATURING A WIDE VARIETY OF FLAVORFUL TOPPERS AND SAUCES				
Stuffed Crust Pizza Chicken Parmesan  <b>Featured Veggies:</b> Curly Fries Carrots/Cukes Choice of Fruit & Milk	Beef & Cheese Burrito Chicken Patty on Bun  <b>Featured Veggies:</b> Refried Beans Salad/Broccoli/Celery Choice of Fruit & Milk	Spaghetti & Meatballs w/ Garlic Bread Stick Grilled Chicken Breast <b>Featured Veggies:</b> Steamed Zucchini Romaine Salad Choice of Fruit & Milk	Popcorn Chicken Bowl Chicken Nuggets w/ Dinner Roll  <b>Featured Veggies:</b> Mashed Potatoes/Corn Carrots/Celery Choice of Fruit & Milk	Grilled Cheese Sandwich Broccoli & Cheese Rice Casserole  <b>Featured Veggies:</b> Tomato Soup/ Green Beans Cukes/Tomato Wedge Choice of Fruit & Milk

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