



Be Smart -
Eat Healthy!
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Be Healthy!!



Rocklin Unified School District ELEMENTARY LUNCH MENU

Lunch Price: Regular \$2.75/Reduced \$.40

The Rocklin Unified School District Nutrition Services Department is dedicated to serving our students healthy and nutritious meals that meet or exceed the USDA and CDE guidelines for a complete meal. We are serving All Whole Grains with no Trans Fats, Fresh Fruits, Vegetables and delicious foods that they will love! For more information visit our website at www.rocklin.org—Choose Departments/Nutrition Services
The USDA and this institution are equal opportunity providers.

ONLINE PAYMENTS AVAILABLE: Go to MYSCHOOLBUCKS.COM!! Prepayments are a fast and easy way for students to purchase breakfast or lunch. Checks and cash are also accepted daily in the school front office or the cafeteria. Please take advantage of these easy and convenient services for your child!

Cold Pack Grab-n-Go Lunch Offered Daily

Includes: Yogurt, String Cheese, Blueberry Muffin or Banana Bread, Garden Bar Choices & 1% White or Non Fat Chocolate Milk! Fast, Easy, Nutritious and Yummy! Check it out!!

JANUARY 2017



IT'S COOL!
TO EAT
AT
SCHOOL!!



**NEW! Meatless
MONDAY**

**Tremendous!
TUESDAY**

**Wacky!
WEDNESDAY**

**Terrific!
THURSDAY**

**Fantastic!
FRIDAY**

2



3

HAPPY NEW YEAR!

4

5

6



9

Big Daddy's Cheese Pizza
or Macaroni & Cheese
WG Teddy Grahams
Garden Salad w/Ranch
Tomatoes

10

BBQ Rib on WG Bun
or Cheese Enchiladas
in WG Tortillas
Frozen Fruit Cup
Baked Beans

11

WG Popcorn Chicken
or Sea Nuggets
Mashed Potatoes/Gravy
WG Bread Roll
Broccoli

12—Breakfast for Lunch!

Cinnamon WG Pancakes
& Sausage Patty
or Chicken Patty
Sandwich on WG Bun
Tator Tots

13

WG Taco Scoops
w/Meat & Cheese
or WG Chicken Corn Dog
WG Animal Cookies
Steamed Corn

16

NO SCHOOL!

MARTIN LUTHER
KING HOLIDAY!!

17

WG Chicken Tenders
& WG Italian Breadstick
or Turkey & Cheese Lunch
Kit w/Cookie Dots
Seasoned Fries

18

BD WG Pepperoni Pizza
or WG Grilled Cheese
w/Bacon on Sourdough
Frozen Fruit Cup
Broccoli

19—January Birthdays!

WG Chicken Nuggets
or Teriyaki Beef Dippers
Mashed Potatoes/Gravy
WG Rice Krispie Treat
Green Beans

20

Cheeseburger on WG Bun
or Meat/Cheese Chalupa
Tator Tots
WG Teddy Grahams
Baked Beans

23

Big Daddy's Cheese Pizza
or WG Cheese
Quesadilla
Garden Salad w/Ranch
Tomatoes

24

BBQ Rib on WG Bun
or WG Pasta w/Meat
Sauce & WG Garlic Toast
Frozen Fruit Cup
Baked Beans

25

WG Popcorn Chicken
or Sea Nuggets
Mashed Potatoes/Gravy
WG Bread Roll
Broccoli

26

Teriyaki Chick Rice Bowl
or Chicken Patty
Sandwich on WG Bun
WG Fortune Cookie
Green Beans

27

WG Taco Scoops
w/Meat & Cheese
or Macaroni & Cheese
WG Teddy Grahams
Steamed Corn

30

French Brd Cheese Pizza
or WG Cheesy Bread
Bites & Marinara Sauce
Garden Salad w/Ranch
Tomatoes

31

WG Chicken Tenders
& WG Italian Breadstick
or WG Chicken
Corn Dogs
Seasoned Fries

**National School
Lunch Program**

*Meals Includes a Variety of Fresh Fruits, Vegetables
& 1% White or Non Fat Chocolate Milk Daily!*

Menu Subject to Change