



Be Smart - Eat Healthy!
Eat Smart - Be Healthy!!



Rocklin Unified School District ELEMENTARY LUNCH MENU

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

Menu Subject to Change

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!!

SEPTEMBER 2017



IT'S COOL!
TO EAT
AT
SCHOOL!!



**NEW! Meatless
MONDAY**

**Tremendous!
TUESDAY**

**Wacky!
WEDNESDAY**

**Terrific!
THURSDAY**

**Fantastic!
FRIDAY**

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

National School Lunch Program



1
WG Nachos
w/Meat & Cheese
or Chicken Patty Sandwich
on WG Bun/Tortilla Chips
Variety Veggies

4
NO SCHOOL!

LABOR DAY
HOLIDAY!!

5
Turkey/Cheese w/WG
Cracker Kit w/CookieDots
or Mini BBQ Beef Sliders
Frozen Fruit Cup
Baked Beans

6
BD WG Pepperoni Pizza
or WG Mini Corn Dogs
Garden Salad w/Ranch
Tomatoes
Steamed Corn

7
Frnch Brd Pepperoni Pizza
or Cheeseburger/WG Bun
Potato Smiles
WG Fruit Pie
Broccoli

8—Breakfast for Lunch
Cinnamon WG Pancake
& 2 Bacon Strips
or Chicken Patty
Sandwich on WG Bun
Hash Browns

11
WG Cheesy Bread Bites
& Marinara Sauce
or Bean/Cheese Chalupa
Frozen Fruit Cup
Mini Carrots

12
Teriyaki Beef Dippers
Garlic Toast
or BBQ Rib on WG Bun
Seasoned Fries
Baked Beans

13
WG Popcorn Chicken
or WG Corn Dog
Mashed Potatoes
Gravy
Soft Baked WG Cookie

14—SEPT Birthdays!!
WG Chicken Nuggets
or Hamburger/WG Bun
Potato Smiles
WG Rice Krispy Treat
Broccoli

15
WG Nachos
w/Meat & Cheese
or Chicken Patty Sandwich
on WG Bun/Tortilla Chips
Variety Veggies

18
French Brd Cheese Pizza
or Bean & Cheese
WG Burrito
Garden Salad w/Ranch
Tomatoes

19
WG Chicken Tenders
or Mini BBQ Beef Sliders
Seasoned Fries
Maple Stick
Baked Beans

20
BD WG Pepperoni Pizza
or WG Mini Corn Dogs
Garden Salad w/Ranch
Tomatoes
Steamed Corn

21
Double Dogs on WG Bun
or Cheeseburger/WG Bun
Tator Tots
WG Fruit Pie
Broccoli

22—Breakfast for Lunch!
Maple WG French Toast
& Sausage Patty
or Chicken Patty
Sandwich on WG Bun
Hash Browns

25
Big Daddy's Cheese Pizza
or Bean & Cheese
WG Burrito
Garden Salad w/Ranch
Tomatoes

26
Turkey/Cheese w/WG
Cracker Kit w/CookieDots
or BBQ Rib on WG Bun
Amazing Sour Raisins
Baked Beans

27
WG Popcorn Chicken
or WG Corn Dog
Mashed Potatoes
Gravy
Soft Baked WG Cookie

28
French Bread
Pepperoni Pizza
or Hamburger/WG Bun
Tator Tots
Broccoli

29
WG Nachos
w/Meat & Cheese
or Chicken Patty Sandwich
on WG Bun/Tortilla Chips
Variety Veggies