



Be Smart -  
Eat Healthy!  
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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](http://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!!

**MAY/JUNE 2017**

**National School  
Lunch Program**

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

**NEW! Meatless  
MONDAY**

**Tremendous!  
TUESDAY**

**Wacky!  
WEDNESDAY**

**Terrific!  
THURSDAY**

**Fantastic!  
FRIDAY**

1  
Big Daddy's Cheese Pizza  
or Bean & Cheese  
Chalupa  
Garden Salad w/Ranch  
**Tomatoes**

2  
BBQ Rib on WG Flat Brd  
or WG Pasta w/Meat  
Sauce & WG Garlic Toast  
Frozen Fruit Cup  
**Baked Beans**

3  
WG Popcorn Chicken  
or Sea Nuggets  
Mashed Potatoes/Gravy  
WG Bread Roll  
**Broccoli**

4  
Teriyaki Chick Rice Bowl  
or Chicken Patty  
Sandwich on WG Bun  
WG Fortune Cookie  
**Green Beans**

5  
WG Taco Scoops  
w/Meat & Cheese  
or Macaroni & Cheese  
WG Disney "Frozen" Graham  
**Steamed Corn**

8  
French Brd Cheese Pizza  
or WG Cheesy Bread  
Bites & Marinara Sauce  
Garden Salad w/Ranch  
**Tomatoes**

9  
WG Chicken Tenders  
& WG Italian Breadstick  
or WG Chicken  
Corn Dogs  
**Seasoned Fries**

10  
BD WG Pepperoni Pizza  
or Bean & Cheese  
WG Burrito  
Frozen Fruit Cup  
**Broccoli**

11—May Birthdays!  
WG Chicken Nuggets or  
WG Grilled Cheese w/Bacon  
w/Chocolate Chip  
Rice Krispies Treat  
**Baked Beans**

12  
Hamburger on WG Bun  
or WG Cheese  
Taqitos & Salsa  
Tator Tots  
**Green Beans**

15  
Big Daddy's Cheese Pizza  
or Bean/Cheese Chalupa  
WG Disney "Frozen" Graham  
Garden Salad w/Ranch  
**Tomatoes**

16  
BBQ Rib on WG Flat Brd  
or WG Grilled Cheese  
w/Bacon on Sourdough  
Frozen Fruit Cup  
**Baked Beans**

17  
WG Popcorn Chicken  
& WG Bread Roll  
or Teriyaki Chick Sliders  
Mashed Potatoes/Gravy  
**Broccoli**

18—Breakfast for Lunch!  
Mini Maple WG Pancakes  
& Sausage Patty  
or Chicken Patty  
Sandwich on WG Bun  
**Tator Tots**

19  
WG Taco Scoops  
w/Meat & Cheese  
or WG Pasta w/Meat  
Sauce & WG Garlic Toast  
**Steamed Corn**

22  
French Brd Cheese Pizza  
or WG Grilled Cheese  
Sandwich  
Garden Salad w/Ranch  
**Tomatoes**

23  
WG Chicken Tenders  
& WG Italian Breadstick  
or WG Cheesy Bread  
Bites & Marinara Sauce  
**Seasoned Fries**

24  
BD WG Pepperoni Pizza  
or WG Chicken  
Mini Corn Dogs  
Frozen Fruit Cup  
**Broccoli**

25  
WG Chicken Nuggets  
or Cheese  
WG Quesadilla  
WG Apple Fruit Pie  
**Green Beans**

26  
Cheeseburger on WG Bun  
or Chicken Patty  
Sandwich on WG Bun  
Tator Tots  
**Baked Beans**

29  
NO SCHOOL!  
MEMORIAL DAY!!  
**JUNE 5th to 8th  
COOK'S CHOICE!!**

30  
BBQ Rib on WG Flat Brd  
or Cheese Enchiladas  
in WG Tortillas  
Frozen Fruit Cup  
**Baked Beans**

31  
WG Popcorn Chicken  
or Sea Nuggets  
Mashed Potatoes/Gravy  
WG Bread Roll  
**Broccoli**

1  
Cinnamon WG Pancakes  
& Sausage Patty  
or Chicken Patty  
Sandwich on WG Bun  
**Tator Tots**

2  
WG Taco Scoops  
w/Meat & Cheese  
or WG Chicken Corn Dog  
WG Graham Treat  
**Green Beans**