



Rota Lunch Menu February 2018

Elementary Lunch Menu

<p>January 29</p> <p>Choice of One: Meatball Sub Breakfast for Lunch</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>January 30</p> <p>Choice of One: Soft Tacos Grilled Cheese</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>January 31</p> <p>Choice of One: Spaghetti w/Garlic Roll Paella</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>1</p> <p>Choice of One: Chicken Sandwich Asian Chicken Bowl w/Rice</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Cucumber & Tomato Salad Steamed Broccoli</p> <p>Choice of: Ice Cold Milk</p>	<p>2</p> <p>Choice of One: Pizza Cheeseburger</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>5</p> <p>Choice of One: Hot Dog Sloppy Joe</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Peas Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>6</p> <p>Choice of One: Ham & Cheese Melt Spanish Chicken w/Curry Rice</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>7</p> <p>Choice of One: Lasagna w/Garlic Roll Grilled Chicken Salad w/Roll</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>8</p> <p>Choice of One: Chicken Nuggets w/Roll Beef Burrito</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>9</p> <p>Choice of One: Pizza Fish Sticks w/Mac & Cheese</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Roasted Potatoes Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>12</p> <p>Choice of One: Meatball Sub Breakfast for Lunch</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>13</p> <p>Choice of One: Soft Tacos Grilled Cheese</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p><i>Lunch with Loved Ones</i></p> <p>14</p> <p>Choice of One: Spaghetti w/Garlic Roll Paella</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>15</p> <p>Choice of One: Chicken Sandwich Asian Chicken Bowl w/Rice</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Cucumber & Tomato Salad Steamed Broccoli</p> <p>Choice of: Ice Cold Milk</p>	<p>16</p> <p>Choice of One: Pizza Cheeseburger</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>19</p> <p>NO SCHOOL</p>	<p>20</p> <p>Choice of One: Ham & Cheese Melt Spanish Chicken w/Curry Rice</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>21</p> <p>Choice of One: Lasagna w/Garlic Roll Grilled Chicken Salad w/Roll</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>22</p> <p>Choice of One: Chicken Nuggets w/Roll Beef Burrito</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>23</p> <p>Choice of One: Pizza Fish Sticks w/Mac & Cheese</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Roasted Potatoes Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>26</p> <p>Choice of One: Meatball Sub Breakfast for Lunch</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>27</p> <p>Choice of One: Soft Tacos Grilled Cheese</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>28</p> <p>Choice of One: Spaghetti w/Garlic Roll Paella</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>March 1</p> <p>Choice of One: Chicken Sandwich Asian Chicken Bowl w/Rice</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Cucumber & Tomato Salad Steamed Broccoli</p> <p>Choice of: Ice Cold Milk</p>	<p>March 2</p> <p>Choice of One: Pizza Cheeseburger</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Baked Beans</p> <p>Choice of: Ice Cold Milk</p>

Meal Prices:
Elementary: \$2.75
Secondary: \$3.00



Visit www.mynavyexchange.com/smp for further SMP information.



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Rota Lunch Menu February 2018

Secondary Lunch Menu

<p>January 29 Choice of One: Meatball Sub Breakfast for Lunch Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of Two Veg: Green Beans Mixed Vegetables Choice of: Ice Cold Milk</p>	<p>January 30 Choice of One: Soft Tacos Grilled Cheese Choice of One Fruit: Fresh Grapes Chilled Fruit Cup Choice of Two Veg: Side Salad Green Peas Choice of: Ice Cold Milk</p>	<p>January 31 Choice of One: Spaghetti w/Garlic Roll Paella Choice of One Fruit: Fresh Apple Chilled Fruit Cup Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip Choice of: Ice Cold Milk</p>	<p>1 Choice of One: Chicken Sandwich Asian Chicken Bowl w/Rice Choice of One Fruit: Fresh Banana Chilled Fruit Cup Choice of Two Veg: Cucumber & Tomato Salad Steamed Broccoli Choice of: Ice Cold Milk</p>	<p>2 Choice of One: Pizza Cheeseburger Choice of One Fruit: Fresh Orange Chilled Fruit Cup Choice of Two Veg: Corn Baked Beans Choice of: Ice Cold Milk</p>
<p>5 Choice of One: Hot Dog Sloppy Joe Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of Two Veg: Peas Green Beans Choice of: Ice Cold Milk</p>	<p>6 Choice of One: Ham & Cheese Melt Spanish Chicken w/Curry Rice Choice of One Fruit: Fresh Grapes Chilled Fruit Cup Choice of Two Veg: Side Salad Mixed Vegetables Choice of: Ice Cold Milk</p>	<p>7 Choice of One: Lasagna w/Garlic Roll Grilled Chicken Salad w/Roll Choice of One Fruit: Fresh Apple Chilled Fruit Cup Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip Choice of: Ice Cold Milk</p>	<p>8 Choice of One: Chicken Nuggets w/Roll Beef Burrito Choice of One Fruit: Fresh Banana Chilled Fruit Cup Choice of Two Veg: Corn Cucumber & Tomato Salad Choice of: Ice Cold Milk</p>	<p>9 Choice of One: Pizza Fish Sticks w/Mac & Cheese Choice of One Fruit: Fresh Orange Chilled Fruit Cup Choice of Two Veg: Roasted Potatoes Baked Beans Choice of: Ice Cold Milk</p>
<p>12 Choice of One: Meatball Sub Breakfast for Lunch Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of Two Veg: Green Beans Mixed Vegetables Choice of: Ice Cold Milk</p>	<p>13 Choice of One: Soft Tacos Grilled Cheese Choice of One Fruit: Fresh Grapes Chilled Fruit Cup Choice of Two Veg: Side Salad Green Peas Choice of: Ice Cold Milk</p>	<p>Lunch with Loved Ones 14 Choice of One: Spaghetti w/Garlic Roll Paella Choice of One Fruit: Fresh Apple Chilled Fruit Cup Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip Choice of: Ice Cold Milk</p>	<p>15 Choice of One: Chicken Sandwich Asian Chicken Bowl w/Rice Choice of One Fruit: Fresh Banana Chilled Fruit Cup Choice of Two Veg: Cucumber & Tomato Salad Steamed Broccoli Choice of: Ice Cold Milk</p>	<p>16 Choice of One: Pizza Cheeseburger Choice of One Fruit: Fresh Orange Chilled Fruit Cup Choice of Two Veg: Corn Baked Beans Choice of: Ice Cold Milk</p>
<p>19 NO SCHOOL</p>	<p>20 Choice of One: Ham & Cheese Melt Spanish Chicken w/Curry Rice Choice of One Fruit: Fresh Grapes Chilled Fruit Cup Choice of Two Veg: Side Salad Mixed Vegetables Choice of: Ice Cold Milk</p>	<p>21 Choice of One: Lasagna w/Garlic Roll Grilled Chicken Salad w/Roll Choice of One Fruit: Fresh Apple Chilled Fruit Cup Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip Choice of: Ice Cold Milk</p>	<p>22 Choice of One: Chicken Nuggets w/Roll Beef Burrito Choice of One Fruit: Fresh Banana Chilled Fruit Cup Choice of Two Veg: Corn Cucumber & Tomato Salad Choice of: Ice Cold Milk</p>	<p>23 Choice of One: Pizza Fish Sticks w/Mac & Cheese Choice of One Fruit: Fresh Orange Chilled Fruit Cup Choice of Two Veg: Roasted Potatoes Baked Beans Choice of: Ice Cold Milk</p>
<p>26 Choice of One: Meatball Sub Breakfast for Lunch Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of Two Veg: Green Beans Mixed Vegetables Choice of: Ice Cold Milk</p>	<p>27 Choice of One: Soft Tacos Grilled Cheese Choice of One Fruit: Fresh Grapes Chilled Fruit Cup Choice of Two Veg: Side Salad Green Peas Choice of: Ice Cold Milk</p>	<p>28 Choice of One: Spaghetti w/Garlic Roll Paella Choice of One Fruit: Fresh Apple Chilled Fruit Cup Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip Choice of: Ice Cold Milk</p>	<p>March 1 Choice of One: Chicken Sandwich Asian Chicken Bowl w/Rice Choice of One Fruit: Fresh Banana Chilled Fruit Cup Choice of Two Veg: Cucumber & Tomato Salad Steamed Broccoli Choice of: Ice Cold Milk</p>	<p>March 2 Choice of One: Pizza Cheeseburger Choice of One Fruit: Fresh Orange Chilled Fruit Cup Choice of Two Veg: Corn Baked Beans Choice of: Ice Cold Milk</p>

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