

Rota Lunch Menu February 2018



Elementary Lunch Menu				
January 29	January 30	January 31	1	2
Choice of One:	Choice of One:	Choice of One:	Choice of One:	Choice of One:
Meatball Sub	Soft Tacos	Spaghetti w/Garlic Roll	Chicken Sandwich	Pizza
Breakfast for Lunch	Grilled Cheese	Paella	Asian Chicken Bowl w/Rice	Cheeseburger
Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:
Fresh Melon			Fresh Banana	Fresh Orange
	Fresh Grapes	Fresh Apple		· ·
Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup
Choice of Two Veg:	Choice of Two Veg:	Choice of Two Veg:	Choice of Two Veg:	Choice of Two Veg:
Green Beans	Side Salad	Fresh Local Vegetable	Cucumber & Tomato Salad	Corn
Mixed Vegetables	Green Peas	Baby Carrots w/Dip	Steamed Broccoli	Baked Beans
Choice of:	Choice of:	Choice of:	Choice of:	Choice of:
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk
5	6	7	8	9
Choice of One:	Choice of One:	Choice of One:	Choice of One:	Choice of One:
Hot Dog	Ham & Cheese Melt	Lasagna w/Garlic Roll	Chicken Nuggets w/Roll	Pizza
Sloppy Joe	Spanish Chicken w/Curry Rice	Grilled Chicken Salad w/Roll	Beef Burrito	Fish Sticks w/Mac & Cheese
Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:
Fresh Melon	Fresh Grapes	Fresh Apple	Fresh Banana	Fresh Orange
Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup
Choice of Two Veg:	Choice of Two Veg:	Choice of Two Veg:	Choice of Two Veg:	Choice of Two Veg:
Peas	Side Salad	Fresh Local Vegetable	Corn	Roasted Potatoes
Green Beans	Mixed Vegetables	Baby Carrots w/Dip	Cucumber & Tomato Salad	Baked Beans
Choice of:	Choice of:	Choice of:	Choice of:	Choice of:
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk
12	13	Lunch with Loved Ones	15	16
Choice of One:	Choice of One:	14	Choice of One:	Choice of One:
Meatball Sub	Soft Tacos	Choice of One:	Chicken Sandwich	Pizza
Breakfast for Lunch	Grilled Cheese		Asian Chicken Bowl w/Rice	Cheeseburger
Choice of One Fruit:	Choice of One Fruit:	Spaghetti w/Garlic Roll	Choice of One Fruit:	Choice of One Fruit:
Fresh Melon	Fresh Grapes	Paella	Fresh Banana	Fresh Orange
Chilled Fruit Cup	Chilled Fruit Cup	Choice of One Fruit:	Chilled Fruit Cup	Chilled Fruit Cup
Choice of Two Veg:	Choice of Two Veg:	Fresh Apple	Choice of Two Veg:	Choice of Two Veg:
Green Beans	Side Salad	Chilled Fruit Cup	Cucumber & Tomato Salad	Corn
Mixed Vegetables	Green Peas	Choice of Two Veg:	Steamed Broccoli	Baked Beans
Choice of:	Choice of:	Fresh Local Vegetable	Choice of:	Choice of:
Ice Cold Milk	Ice Cold Milk	Baby Carrots w/Dip	Ice Cold Milk	Ice Cold Milk
ice cold Wilk	ice cold lyllik	Choice of:	ice cold wilk	ice cold Willik
		Ice Cold Milk		
19	20	21	22	23
	Choice of One:	Choice of One:	Choice of One:	Choice of One:
	Ham & Cheese Melt	Lasagna w/Garlic Roll	Chicken Nuggets w/Roll	Pizza
	Spanish Chicken w/Curry Rice	Grilled Chicken Salad w/Roll	Beef Burrito	Fish Sticks w/Mac & Cheese
110 0011001	Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:
NO SCHOOL	Fresh Grapes	Fresh Apple	Fresh Banana	Fresh Orange
	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup
	Choice of Two Veg:	Choice of Two Veg:	Choice of Two Veg:	Choice of Two Veg:
	Side Salad	Fresh Local Vegetable	Corn	Roasted Potatoes
	Mixed Vegetables	Baby Carrots w/Dip	Cucumber & Tomato Salad	Baked Beans
	Choice of:	Choice of:	Choice of:	Choice of:
	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk
26	27	28	March 1	March 2
Choice of One:	Choice of One:	Choice of One:	Choice of One:	Choice of One:
Maathall Col	C - C - T	Spaghetti w/Garlic Roll	Chicken Sandwich	Pizza
Meatball Sub	Soft Tacos			I
Meatball Sub Breakfast for Lunch	Grilled Cheese	Paella	Asian Chicken Bowl w/Rice	Cheeseburger
		Paella Choice of One Fruit:	Asian Chicken Bowl w/Rice Choice of One Fruit:	Cheeseburger Choice of One Fruit:
Breakfast for Lunch	Grilled Cheese			
Breakfast for Lunch Choice of One Fruit: Fresh Melon	Grilled Cheese Choice of One Fruit: Fresh Grapes	Choice of One Fruit: Fresh Apple	Choice of One Fruit: Fresh Banana	Choice of One Fruit: Fresh Orange
Breakfast for Lunch Choice of One Fruit: Fresh Melon Chilled Fruit Cup	Grilled Cheese Choice of One Fruit: Fresh Grapes Chilled Fruit Cup	Choice of One Fruit: Fresh Apple Chilled Fruit Cup	Choice of One Fruit: Fresh Banana Chilled Fruit Cup	Choice of One Fruit: Fresh Orange Chilled Fruit Cup
Breakfast for Lunch Choice of One Fruit: Fresh Melon	Grilled Cheese Choice of One Fruit: Fresh Grapes	Choice of One Fruit: Fresh Apple Chilled Fruit Cup Choice of Two Veg:	Choice of One Fruit: Fresh Banana	Choice of One Fruit: Fresh Orange
Breakfast for Lunch Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of Two Veg: Green Beans	Grilled Cheese Choice of One Fruit: Fresh Grapes Chilled Fruit Cup Choice of Two Veg:	Choice of One Fruit: Fresh Apple Chilled Fruit Cup Choice of Two Veg: Fresh Local Vegetable	Choice of One Fruit: Fresh Banana Chilled Fruit Cup Choice of Two Veg:	Choice of One Fruit: Fresh Orange Chilled Fruit Cup Choice of Two Veg:
Breakfast for Lunch Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of Two Veg:	Grilled Cheese Choice of One Fruit: Fresh Grapes Chilled Fruit Cup Choice of Two Veg: Side Salad	Choice of One Fruit: Fresh Apple Chilled Fruit Cup Choice of Two Veg:	Choice of One Fruit: Fresh Banana Chilled Fruit Cup Choice of Two Veg: Cucumber & Tomato Salad	Choice of One Fruit: Fresh Orange Chilled Fruit Cup Choice of Two Veg: Corn
Breakfast for Lunch Choice of One Fruit: Fresh Melon Chilled Fruit Cup Choice of Two Veg: Green Beans Mixed Vegetables	Grilled Cheese Choice of One Fruit: Fresh Grapes Chilled Fruit Cup Choice of Two Veg: Side Salad Green Peas	Choice of One Fruit: Fresh Apple Chilled Fruit Cup Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip	Choice of One Fruit: Fresh Banana Chilled Fruit Cup Choice of Two Veg: Cucumber & Tomato Salad Steamed Broccoli	Choice of One Fruit: Fresh Orange Chilled Fruit Cup Choice of Two Veg: Corn Baked Beans

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



Visit <u>www.mynavyexchange.com/smp</u> for further SMP information.





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