

### **Rota Menu January 2022**



#### **Elementary Lunch Menu** 03 January 04 05 06 07 Choice of One: (1) Tangerine Chicken w/Fried Rice (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (1) Beef Burrito (1) Pizza (2) Hot Ham & Cheese Croissant (2) Chicken Tenders (2) Grilled Chicken Sandwich (2) Turkey Deli Sandwich (2) Fish Filet Sandwich Choice of Fruit: Choice of Fruit: Choice of Fruit: **Choice of Fruit: Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables: Choice of Vegetables: Choice of Vegetables: Choice of Vegetables:** Choice of Vegetables: Steamed Broccoli Side Salad Mixed Vegetables Corn **Roasted Sweet Potatoes** Cucumber & Tomato Salad **Mashed Potatoes Green Peas** Fresh Carrots **Baked Beans** Choice of: Choice of: Choice of: Choice of: Choice of: Ice Cold Milk 10 11 12 13 14 Choice of One: Choice of One: **Choice of One:** Choice of One: (1)Teriyaki Chicken w/Fried Rice (1) Soft Tacos (1) Chicken Adobo w/Rice (1) Chicken Sandwich (2) BBQ Meatballs w/Roll (2) Grilled Cheese (2) Lasagna w/Garlic Roll (2) Breakfast for Lunch No School Choice of Fruit: Choice of Fruit: Choice of Fruit: **Choice of Fruit:** Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **TW Dav Choice of Vegetables: Choice of Vegetables: Choice of Vegetables: Choice of Vegetables:** Mixed Vegetables Steamed Broccoli Side Salad Corn **Mashed Potatoes Green Peas** Fresh Carrots Cucumber & Tomato Salad Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 17 19 20 21 18 Choice of One: Choice of One: Choice of One: Choice of One: (1) Pizza (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (1) Beef Burrito (2) Chicken Tenders (2) Grilled Chicken Sandwich (2) Turkey Deli Sandwich (2) Fish Filet Sandwich No School Choice of Fruit: **Choice of Fruit: Choice of Fruit: Choice of Fruit:** Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **MLK Day** Choice of Vegetables: **Choice of Vegetables: Choice of Vegetables: Choice of Vegetables:** Side Salad Mixed Vegetables Corn **Roasted Sweet Potatoes** Cucumber & Tomato Salad **Green Peas** Fresh Carrots **Baked Beans** Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 24 25 26 27 28 Choice of One: (1)Teriyaki Chicken w/Fried Rice (1) Soft Tacos (1) Chicken Adobo w/Rice (1) Chicken Sandwich (1) Cheese Sticks (2) BBQ Meatballs w/Roll (2) Grilled Cheese (2) Lasagna w/Garlic Roll (2) Breakfast for Lunch (2) Cheeseburger **Choice of Fruit: Choice of Fruit:** Choice of Fruit: Choice of Fruit: Choice of Fruit: Assorted Fresh Fruit **Choice of Vegetables: Choice of Vegetables: Choice of Vegetables: Choice of Vegetables:** Choice of Vegetables: Mixed Vegetables Steamed Broccoli Side Salad Corn **Roasted Sweet Potatoes Mashed Potatoes** Cucumber & Tomato Salad **Baked Beans Green Peas** Fresh Carrots Choice of: Choice of: Choice of: Choice of: Choice of: Ice Cold Milk 31 Choice of One: (1) Tangerine Chicken w/Fried Rice (2) Hot Ham & Cheese Croissant

Menu subject to change based on availability.

Choice of Fruit:
Assorted Fresh Fruit
Choice of Vegetables:
Steamed Broccoli
Mashed Potatoes
Choice of:
Ice Cold Milk

This institution is an equal opportunity employer.



A La Carte Pricing

Entrée: \$2.00 Fruit: \$0.50 Vegetable: \$0.50

Milk: \$1.00



Happy New Year!

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## **Rota Menu January 2022**



### Secondary Lunch Menu 03 January 04 06 07 Choice of One: (1) Tangerine Chicken (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (1) Beef Burrito (1) Pizza (2) Fish Filet Sandwich w/Fried Rice and Egg Roll (2) Chicken Tenders w/Garlic Roll (2) Salad Bowl w/Roll (2) Hot Ham & Cheese Croissant w/Corn Muffin (2) Grilled Chicken Sandwich **Choice of Fruit:** Choice of Fruit: Choice of Fruit: Choice of Fruit: Choice of Fruit: Assorted Fresh Fruit **Choice of Vegetables: Choice of Vegetables: Choice of Vegetables:** Choice of Vegetables: **Roasted Sweet Potatoes** Steamed Broccoli Side Salad Mixed Vegetables Choice of: **Baked Beans Mashed Potatoes Green Peas** Fresh Carrots Ice Cold Milk Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 10 14 11 12 13 Choice of One: Choice of One: Choice of One: Choice of One: (1)Teriyaki Chicken (1) Chicken Adobo w/Rice (1) Deli Sandwich or Wrap (1) Soft Tacos w/Fried Rice and Egg Roll (2) Spicy Chicken Sandwich (2) Lasagna w/Garlic Roll (2) BBQ Meatballs w/Roll Choice of Fruit: Choice of Fruit: Choice of Fruit: No School **Choice of Fruit:** Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **Choice of Vegetables:** Assorted Fresh Fruit **Choice of Vegetables: Choice of Vegetables: TW Day Choice of Vegetables:** Side Salad Mixed Vegetables Corn Cucumber & Tomato Salad Steamed Broccoli **Green Peas** Fresh Carrots Mashed Potatoes Choice of: Choice of: Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk 19 20 18 21 Choice of One: Choice of One: Choice of One: Choice of One: (1) Nathan's Hot Dog (1) Pasta w/Meat Sauce (1) Beef Burrito (1) Pizza (2) Chicken Tenders w/Garlic Roll (2) Salad Bowl w/Roll (2) Fish Filet Sandwich w/Corn Muffin (2) Grilled Chicken Sandwich **Choice of Fruit:** No School Choice of Fruit: **Choice of Fruit:** Choice of Fruit: Assorted Fresh Fruit **Choice of Vegetables:** Assorted Fresh Fruit Assorted Fresh Fruit Assorted Fresh Fruit **MLK Day Choice of Vegetables: Choice of Vegetables: Roasted Sweet Potatoes** Side Salad Mixed Vegetables Choice of: **Baked Beans** Fresh Carrots Choice of: Green Peas Ice Cold Milk Choice of: Choice of: Ice Cold Milk Ice Cold Milk Ice Cold Milk 24 25 26 27 28 Choice of One: (1)Teriyaki Chicken (1) Chicken Adobo w/Rice (1) Deli Sandwich or Wrap (1) Cheese Sticks (1) Soft Tacos w/Fried Rice and Egg Roll (2) Spicy Chicken Sandwich (2) Lasagna w/Garlic Roll (2) Cheeseburger (2) BBQ Meatballs w/Roll Choice of Fruit: Choice of Fruit: **Choice of Fruit: Choice of Fruit: Choice of Fruit:** Assorted Fresh Fruit **Choice of Vegetables: Choice of Vegetables: Choice of Vegetables: Choice of Vegetables: Choice of Vegetables:** Corn **Roasted Sweet Potatoes** Side Salad Mixed Vegetables Steamed Broccoli **Green Peas** Fresh Carrots Cucumber & Tomato Salad **Baked Beans** Mashed Potatoes Choice of: Choice of: Choice of: Choice of: Choice of: Ice Cold Milk 31 Choice of One: (1) Tangerine Chicken w/Fried Rice and Egg Roll

Menu subject to change based on availability.

(2) Hot Ham & Cheese Croissant

Choice of Fruit:
Assorted Fresh Fruit
Choice of Vegetables:
Steamed Broccoli
Mashed Potatoes
Choice of:
Ice Cold Milk





A La Carte Pricing Entrée: \$2.00

Fruit: \$0.50 Vegetable: \$0.50 Milk: \$1.00



Happy New Year!

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# **Rota Menu January 2022**



Sure Start Lunch Menu				
03 January	04	05	06	07
Tangerine Chicken w/Fried Rice	Chicken Tenders	Pasta w/ Meat Sauce	Beef Burrito	Pizza
Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	Assorted Fresh Fruit Mixed Vegetables Fresh Carrots Ice Cold Milk	Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	Assorted Fresh Fruit Roasted Sweet Potatoes Baked Beans Ice Cold Milk
10	11	12	13	14
BBQ Meatballs w/ Roll	Grilled Cheese	Lasagna w/Garlic Roll	Breakfast for Lunch	No School
Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	Assorted Fresh Fruit Mixed Vegetables Fresh Carrots Ice Cold Milk	Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	TW Day
17	18	19	20	21
No School	Soft Tacos	Chicken Adobo w/Rice	Chicken Sandwich	Cheese Sticks
MLK Day	Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	Assorted Fresh Fruit Mixed Vegetables Fresh Carrots Ice Cold Milk	Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	Assorted Fresh Fruit Roasted Sweet Potatoes Baked Beans Ice Cold Milk
24	25	26	27	28
Hot Ham & Cheese Croissant	Grilled Cheese	Lasagna w/Garlic Roll	Breakfast for Lunch	Cheeseburger
Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	Assorted Fresh Fruit Mixed Vegetables Fresh Carrots Ice Cold Milk	Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	Assorted Fresh Fruit Roasted Sweet Potatoes Baked Beans Ice Cold Milk
31				
Tangerine Chicken w/Fried Rice  Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	Нар	py Ne	w Year	

Menu subject to change based on availability.

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A La Carte Pricing Entrée: \$2.00

Fruit: \$0.50 Vegetable: \$0.50 Milk: \$1.00



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