

Rota Menu March 2022



| Elementary Lunch Menu | | | | | | | |
|--|--|---|--|---|--|--|--|
| * • • • • • • • • • • • • • • • • • • • | 01 March Choice of One: (1) Nathan's Hot Dog (2) Chicken Tenders | 02 Choice of One: (1) Pasta w/Meat Sauce (2) Grilled Chicken Sandwich | 03 Choice of One: (1) Beef Burrito (2) Turkey Deli Sandwich | 04 Choice of One: (1) Pizza (2) Fish Filet Sandwich | | | |
| | Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: | Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: | Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: | Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: | | | |
| | Side Salad Green Peas Choice of: Ice Cold Milk | Mixed Vegetables Fresh Carrots Choice of: Ice Cold Milk | Corn Cucumber & Tomato Salad Choice of: Ice Cold Milk | Roasted Sweet Potatoes Baked Beans Choice of: Ice Cold Milk | | | |
| 07 | 08 | 09 | 10 | 11 | | | |
| Choice of One: | 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 | (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 | Assorted Fresh Fruit | Assorted Fresh Fruit | Assorted Fresh 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 | | | |
| Mashed Potatoes | Green Peas | Fresh Carrots | 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 | | | |
| 14 | 15 | 16 | 17 | 18 | | | |
| Choice of One: | Choice of One: | Choice of One: | Choice of One: | 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 | Assorted Fresh Fruit | Assorted Fresh Fruit | Assorted Fresh 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 | | | |
| Mashed Potatoes | Green Peas | Fresh Carrots | 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 | | | |
| 21 | 22 | 23 | 24 | 25 | | | |
| 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 | | | | |
| Choice of Fruit: | Choice of Fruit: | Choice of Fruit: | Choice of Fruit: | | | | |
| Assorted Fresh Fruit | Assorted Fresh Fruit | Assorted Fresh Fruit | Assorted Fresh Fruit | NO SCHOOL | | | |
| Choice of Vegetables: | Choice of Vegetables: | Choice of Vegetables: | Choice of Vegetables: | | | | |
| Steamed Broccoli | Side Salad | Mixed Vegetables | 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 | | | | |
| NO SCHOOL | NO SCHOOL | NO SCHOOL | NO SCHOOL | | | | |
| SPRING RECESS | SPRING RECESS | SPRING RECESS | SPRING RECESS | | | | |
| SFRING RECESS | SFRING RECESS | SFRING RECESS | Jr KING KECESS | 200 m | | | |

Menu subject to change based on availability.

This institution is an equal opportunity employer.



A La Carte Pricing Entrée: \$2.00

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



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





Rota Menu March 2022



| Secondary Lunch Menu | | | | | | | |
|---|--|---|--|---|--|--|--|
| | 01 March Choice of One: (1) Nathan's Hot Dog (2) Chicken Tenders w/Corn Muffin Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Side Salad Green Peas Choice of: | 02 Choice of One: (1) Pasta w/Meat Sauce w/Garlic Roll (2) Grilled Chicken Sandwich Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Mixed Vegetables Fresh Carrots Choice of: | 03 Choice of One: (1) Beef Burrito (2) Salad Bowl w/Roll Choice of Fruit: Assorted Fresh Fruit Choice of: Ice Cold Milk | 04 Choice of One: (1) Pizza (2) Fish Filet Sandwich Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Roasted Sweet Potatoes Baked Beans Choice of: Ice Cold Milk | | | |
| | Ice Cold Milk | Ice Cold Milk | | | | | |
| O7 Choice of One: (1)Teriyaki Chicken w/Fried Rice and Egg Roll (2) BBQ Meatballs w/Roll Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Steamed Broccoli Mashed Potatoes Choice of: | 08 Choice of One: (1) Soft Tacos (2) Spicy Chicken Sandwich Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk | 09 Choice of One: (1) Chicken Adobo w/Rice & Roll (2) Lasagna w/Garlic Roll Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Mixed Vegetables Fresh Carrots Choice of: | 10 Choice of One: (1) Deli Sandwich or Wrap Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Corn Cucumber & Tomato Salad Choice of: Ice Cold Milk | Choice of One: (1) Cheese Sticks (2) Cheeseburger Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Roasted Sweet Potatoes Baked Beans Choice of: Ice Cold Milk | | | |
| Ice Cold Milk 14 | 15 | Ice Cold Milk 16 | 17 | 18 | | | |
| Choice of One: (1) Tangerine Chicken w/Fried Rice and Egg Roll (2) Hot Ham & Cheese Croissant Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Steamed Broccoli Mashed Potatoes Choice of: Ice Cold Milk | Choice of One: (1) Nathan's Hot Dog (2) Chicken Tenders w/Corn Muffin Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk | Choice of One: (1) Pasta w/Meat Sauce | Choice of One: (1) Beef Burrito (2) Salad Bowl w/Roll Choice of Fruit: Assorted Fresh Fruit Choice of: Ice Cold Milk | Choice of One: (1) Pizza (2) Fish Filet Sandwich Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Roasted Sweet Potatoes Baked Beans Choice of: Ice Cold Milk | | | |
| 21 Choice of One: (1)Teriyaki Chicken w/Fried Rice and Egg Roll (2) BBQ Meatballs w/Roll Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Steamed Broccoli Mashed Potatoes Choice of: Ice Cold Milk | 22 Choice of One: (1) Soft Tacos (2) Spicy Chicken Sandwich Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk | 23 Choice of One: (1) Chicken Adobo w/Rice & Roll (2) Lasagna w/Garlic Roll Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Mixed Vegetables Fresh Carrots Choice of: Ice Cold Milk | 24 Choice of One: (1) Deli Sandwich or Wrap Choice of Fruit: Assorted Fresh Fruit Choice of Vegetables: Corn Cucumber & Tomato Salad Choice of: Ice Cold Milk | NO SCHOOL | | | |
| 28 | 29 | 30 | 31 | | | | |
| NO SCHOOL SPRING RECESS | NO SCHOOL SPRING RECESS | NO SCHOOL SPRING RECESS | NO SCHOOL SPRING RECESS | | | | |

Menu subject to change based on availability.



A La Carte Pricing Entrée: \$2.00

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



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



Visit our Family Portal



Rota Menu March 2022



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|--|---|--|--|--|--|--|
| Sure Start Lunch Menu | | | | | | |
| | 01 March | 02 | 03 | 04 | | |
| 2000 1000 | Chicken Tenders | Pasta w/ Meat Sauce | Beef Burrito | Pizza | | |
| | 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 | | |
| 07 | 08 | 09 | 10 | 11 | | |
| BBQ Meatballs w/ Roll | 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 | | |
| 14 | 15 | 16 | 17 | 18 | | |
| Hot Ham & Cheese Croissant | Chicken Tenders | Grilled Chicken Sandwich | Turkey Deli Sandwich | Fish Filet Sandwich | | |
| 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 | | |
| 21 | 22 | 23 | 24 | 25 | | |
| Teriyaki Chicken w/Fried Rice | Soft Tacos | Chicken Adobo w/Rice | Chicken Sandwich | | | |
| 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 | NO SCHOOL | | |
| 28 | 29 | 30 | 31 | | | |
| NO SCHOOL | NO SCHOOL | NO SCHOOL | NO SCHOOL | | | |
| SPRING RECESS | SPRING RECESS | SPRING RECESS | SPRING RECESS | | | |

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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to create a new account.