

Rota Lunch Menu March 2020



Choice of: Ham & Cheese Melt Paella Chicken Nuggets	6 Choice of One: Pizza
Dr. Seuss Birthday Celebration Choice of One: Choice of One: Ham & Cheese Melt Paella Chicken Nuggets	Choice of One:
Choice of: Ham & Cheese Melt Paella Chicken Nuggets	
3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3 3	
	ilet w/Mac & Cheese
, , ,	Choice of Fruit:
Fresh Orange Fresh Apple Choice of Fruit: Fresh Grapes	Fresh Orange
	Chilled Fruit Cup
	oice of Vegetables:
	oasted Potatoes
Baked Beans Green Peas Garden Vegetable Blend Cucumber & Tomato Salad	Baked Beans
Choice of: Choice of: Fresh Carrots w/Dip Choice of:	Choice of:
Ice Cold Milk	Ice Cold Milk
Ice Cold Milk	
9 10 11 12	13
Choice of One: Choice of One: Choice of One: Choice of One:	
Soft Tacos Meatball Sub Chicken Alfredo w/Garlic Roll Chicken Nuggets	
Grillad Chango Broakfast for Lunch Lacagna w/Garlig Boll Asian Chicken w/Eriad Rica	
Choice of Fruit: Choice of Fruit: Choice of Fruit: NU	SCHOOL
Fresh Melon Fresh Grapes Fresh Banana Fresh Grapes	
Chilled Fruit Cup Chilled Fruit Cup Chilled Fruit Cup Chilled Fruit Cup	
Choice of Vegetables: Choice of Vegetables: Choice of Vegetables:	
Green Beans Side Salad California Vegetable Blend Cucumber & Tomato Salad	
Mixed Vegetables Green Peas Fresh Carrots w/Dip Steamed Broccoli	
Choice of: Choice of: Choice of: Choice of:	
Ice Cold Milk Ice Cold Milk Ice Cold Milk Ice Cold Milk	
16 17 18 19	20
Choice of One: Choice of One: Choice of One: Choice of One:	Choice of One:
Hot Dog Ham & Cheese Melt Paella Chicken Nuggets	Pizza
Sloppy Joe Baked Chicken w/Rice Pilaf Spaghetti w/Meat Sauce Beef Burrito Fish Fi	ilet w/Mac & Cheese
Choice of Fruit: W/Garlic Roll Choice of Fruit: 0	Choice of Fruit:
Fresh Melon Fresh Apple Choice of Fruit: Fresh Grapes	Fresh Orange
	Chilled Fruit Cup
	ice of Vegetables:
	oasted Potatoes
Mixed Vegetables Green Peas Garden Vegetable Blend Cucumber & Tomato Salad	Baked Beans
Choice of: Fresh Carrots w/Dip Choice of:	Choice of:
Ice Cold Milk Ice Cold Milk Choice of: Ice Cold Milk	Ice Cold Milk
Ice Cold Milk	
23 24 25 26	27
	Choice of One:
Soft Tacos Meatball Sub Chicken Alfredo w/Garlic Roll Chicken Nuggets Chicken Alfredo w/Garlic Roll Chicken Nuggets	Pizza
y ;	Cheeseburger
	Choice of Fruit:
Fresh Melon Fresh Grapes Fresh Banana Fresh Grapes Chilled Fruit Cup Chilled Fruit Cup Chilled Fruit Cup	Fresh Orange
	Chilled Fruit Cup Dice of Vegetables:
Green Beans Side Salad California Vegetables: Choice of Vegetable	Corn
Mixed Vegetables Green Peas Fresh Carrots w/Dip Steamed Broccoli	Baked Beans
Choice of: Choice of: Choice of: Choice of:	Choice of:
Ice Cold Milk	Ice Cold Milk
30 31 April 1 2	3
Choice of One: Choice of One: Choice of One: Choice of One:	5
Hot Dog Ham & Cheese Melt Paella Chicken Nuggets	
Slanny Jos	
Choice of Fruit: W/Garlic Roll Choice of Fruit: NC) SCHOOL
Fresh Melon Fresh Apple Choice of Fruit: Fresh Grapes	
Chilled Fruit Cup Fresh Banana Chilled Fruit Cup	
Choice of Vegetables: Choice of Vegetables: Chilled Fruit Cup Choice of Vegetables:	
Green Beans Side Salad Choice of Vegetables: Corn	
Mixed Vegetables Green Peas Garden Vegetable Blend Cucumber & Tomato Salad	
Choice of: Choice of: Fresh Carrots w/Dip Choice of:	
Ice Cold Milk Ice Cold Milk Choice of: Ice Cold Milk	
Ice Cold Milk	

Meal Prices: Elementary: \$3.25 Secondary: \$3.50



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





Rota Lunch Menu March 2020



Secondary Lunch Menu						
2 Dr. Seuss Birthday Celebration Choice of:	3 Choice of One: Ham & Cheese Melt	4 Choice of One: Paella	5 Choice of One:	6 Choice of One: Pizza		
Green Eggs and Ham with Toast Choice of Fruit:	Baked Chicken w/Rice Pilaf Choice of Fruit:	Spaghetti w/Meat Sauce w/Garlic Roll	Chicken Nuggets Beef Burrito Choice of Fruit:	Fish Filet w/Mac & Cheese Choice of Fruit:		
Fresh Orange Chilled Fruit Cup	Fresh Apple Chilled Fruit Cup	Choice of Fruit: Fresh Banana	Fresh Grapes Chilled Fruit Cup	Fresh Orange Chilled Fruit Cup		
Choice of Vegetables: Corn	Choice of Vegetables: Side Salad	Chilled Fruit Cup Choice of Vegetables:	Choice of Vegetables: Corn	Choice of Vegetables: Roasted Potatoes		
Baked Beans Choice of:	Green Peas Choice of: Ice Cold Milk	Garden Vegetable Blend Fresh Carrots w/Dip	Cucumber & Tomato Salad Choice of:	Baked Beans Choice of:		
Ice Cold Milk	10	Choice of: Ice Cold Milk 11	Ice Cold Milk	Ice Cold Milk		
Choice of One: Soft Tacos	Choice of One: Meatball Sub	Choice of One: Chicken Alfredo w/Garlic Roll	Choice of One: Chicken Nuggets	13		
Grilled Cheese Choice of Fruit: Fresh Melon	Breakfast for Lunch Choice of Fruit: Fresh Grapes	Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana	Asian Chicken w/Fried Rice Choice of Fruit: Fresh Grapes	NO SCHOOL		
Chilled Fruit Cup Choice of Vegetables:	Chilled Fruit Cup Choice of Vegetables:	Chilled Fruit Cup Choice of Vegetables:	Chilled Fruit Cup Choice of Vegetables:			
Green Beans Mixed Vegetables Choice of:	Side Salad Green Peas Choice of :	California Vegetable Blend Fresh Carrots w/Dip Choice of:	Cucumber & Tomato Salad Steamed Broccoli Choice of:			
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk			
16 Choice of One: Hot Dog	17 Choice of One: Ham & Cheese Melt	18 Choice of One: Paella	19 Choice of One: Chicken Nuggets	20 Choice of One: Pizza		
Sloppy Joe Choice of Fruit:	Baked Chicken w/Rice Pilaf Choice of Fruit:	Spaghetti w/Meat Sauce w/Garlic Roll	Beef Burrito Choice of Fruit:	Fish Filet w/Mac & Cheese Choice of Fruit:		
Fresh Melon Chilled Fruit Cup Choice of Vegetables:	Fresh Apple Chilled Fruit Cup Choice of Vegetables:	Choice of Fruit: Fresh Banana Chilled Fruit Cup	Fresh Grapes Chilled Fruit Cup Choice of Vegetables:	Fresh Orange Chilled Fruit Cup Choice of Vegetables:		
Green Beans Mixed Vegetables	Side Salad Green Peas	Choice of Vegetables: Garden Vegetable Blend	Corn Cucumber & Tomato Salad	Roasted Potatoes Baked Beans		
Choice of: Ice Cold Milk	Choice of: Ice Cold Milk	Fresh Carrots w/Dip Choice of: Ice Cold Milk	Choice of: Ice Cold Milk	Choice of: Ice Cold Milk		
23	24	25	26	27		
Choice of One: Soft Tacos	Choice of One: Meatball Sub	Choice of One: Chicken Alfredo w/Garlic Roll	Choice of One: Chicken Nuggets	Choice of One: Pizza		
Grilled Cheese Choice of Fruit: Fresh Melon	Breakfast for Lunch Choice of Fruit: Froch Grange	Lasagna w/Garlic Roll Choice of Fruit: Fresh Banana	Asian Chicken w/Fried Rice Choice of Fruit:	Cheeseburger Choice of Fruit:		
Chilled Fruit Cup Choice of Vegetables:	Fresh Grapes Chilled Fruit Cup Choice of Vegetables:	Chilled Fruit Cup Choice of Vegetables:	Fresh Grapes Chilled Fruit Cup Choice of Vegetables:	Fresh Orange Chilled Fruit Cup Choice of Vegetables:		
Green Beans Mixed Vegetables	Side Salad Green Peas	California Vegetable Blend Fresh Carrots w/Dip	Cucumber & Tomato Salad Steamed Broccoli	Corn Baked Beans		
Choice of: Ice Cold Milk	Choice of: Ice Cold Milk	Choice of: Ice Cold Milk	Choice of: Ice Cold Milk	Choice of: Ice Cold Milk		
30 Choice of One: Hot Dog	31 Choice of One: Ham & Cheese Melt	April 1 Choice of One: Paella	2 Choice of One: Chicken Nuggets	3		
Sloppy Joe Choice of Fruit:	Baked Chicken w/Rice Pilaf Choice of Fruit:	Spaghetti w/Meat Sauce w/Garlic Roll	Beef Burrito Choice of Fruit:	NO SCHOOL		
Fresh Melon Chilled Fruit Cup Choice of Vegetables:	Fresh Apple Chilled Fruit Cup	Choice of Fruit: Fresh Banana Chilled Fruit Cup	Fresh Grapes Chilled Fruit Cup Choice of Vegetables:			
Choice of Vegetables: Green Beans Mixed Vegetables	Choice of Vegetables: Side Salad Green Peas	Chilled Fruit Cup Choice of Vegetables: Garden Vegetable Blend	Choice of Vegetables: Corn Cucumber & Tomato Salad			
Choice of: Ice Cold Milk	Choice of: Ice Cold Milk	Fresh Carrots w/Dip Choice of:	Choice of: Ice Cold Milk			



Meal Prices: Elementary: \$3.25 Secondary: \$3.50 Visit <u>www.mynavyexchange.com/smp</u> for further SMP information.



Rota Lunch Menu March 2020



Sure Start Lunch Menu					
Dr. Seuss Birthday Celebration Choice of: Green Eggs and Ham with Toast Choice of Fruit: Fresh Orange Chilled Fruit Cup Choice of Vegetables: Corn Baked Beans Choice of: Ice Cold Milk	3 Choice of One: Ham & Cheese Melt Choice of Fruit: Fresh Apple Chilled Fruit Cup Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk	4 Choice of One: Paella Choice of Fruit: Fresh Banana Chilled Fruit Cup Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip Choice of: Ice Cold Milk	5 Choice of One: Chicken Nuggets Choice of Fruit: Fresh Grapes Chilled Fruit Cup Choice of Vegetables: Corn Cucumber & Tomato Salad Choice of: Ice Cold Milk	6 Choice of One: Pizza Fish Filet w/Mac & Cheese Choice of Fruit: Fresh Orange Chilled Fruit Cup Choice of Vegetables: Roasted Potatoes Baked Beans Choice of: Ice Cold Milk	
9 Choice of One: Grilled Cheese Choice of Fruit: Fresh Melon Chilled Fruit Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of: Ice Cold Milk	10 Choice of One: Breakfast for Lunch Choice of Fruit: Fresh Grapes Chilled Fruit Cup Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk	Choice of One: Chicken Alfredo w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Fruit Cup Choice of Vegetables: California Vegetable Blend Fresh Carrots w/Dip Choice of: Ice Cold Milk	12 Choice of One: Chicken Nuggets Choice of Fruit: Fresh Grapes Chilled Fruit Cup Choice of Vegetables: Cucumber & Tomato Salad Steamed Broccoli Choice of: Ice Cold Milk	NO SCHOOL	
16 Choice of One: Hot Dog Choice of Fruit: Fresh Melon Chilled Fruit Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of: Ice Cold Milk	17 Choice of One: Ham & Cheese Melt Choice of Fruit: Fresh Apple Chilled Fruit Cup Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk	18 Choice of One: Paella Choice of Fruit: Fresh Banana Chilled Fruit Cup Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip Choice of: Ice Cold Milk	19 Choice of One: Chicken Nuggets Choice of Fruit: Fresh Grapes Chilled Fruit Cup Choice of Vegetables: Corn Cucumber & Tomato Salad Choice of: Ice Cold Milk	20 Choice of One: Pizza Fish Filet w/Mac & Cheese Choice of Fruit: Fresh Orange Chilled Fruit Cup Choice of Vegetables: Roasted Potatoes Baked Beans Choice of: Ice Cold Milk	
23 Choice of One: Grilled Cheese Choice of Fruit: Fresh Melon Chilled Fruit Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of: Ice Cold Milk	24 Choice of One: Breakfast for Lunch Choice of Fruit: Fresh Grapes Chilled Fruit Cup Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk	25 Choice of One: Chicken Alfredo w/Garlic Roll Choice of Fruit: Fresh Banana Chilled Fruit Cup Choice of Vegetables: California Vegetable Blend Fresh Carrots w/Dip Choice of: Ice Cold Milk	26 Choice of One: Chicken Nuggets Choice of Fruit: Fresh Grapes Chilled Fruit Cup Choice of Vegetables: Cucumber & Tomato Salad Steamed Broccoli Choice of: Ice Cold Milk	Choice of One: Cheeseburger Choice of Fruit: Fresh Orange Chilled Fruit Cup Choice of Vegetables: Corn Baked Beans Choice of: Ice Cold Milk	
30 Choice of One: Hot Dog Choice of Fruit: Fresh Melon Chilled Fruit Cup Choice of Vegetables: Green Beans Mixed Vegetables Choice of: Ice Cold Milk	31 Choice of One: Ham & Cheese Melt Choice of Fruit: Fresh Apple Chilled Fruit Cup Choice of Vegetables: Side Salad Green Peas Choice of: Ice Cold Milk	April 1 Choice of One: Paella Choice of Fruit: Fresh Banana Chilled Fruit Cup Choice of Vegetables: Garden Vegetable Blend Fresh Carrots w/Dip Choice of: Ice Cold Milk	2 Choice of One: Chicken Nuggets Choice of Fruit: Fresh Grapes Chilled Fruit Cup Choice of Vegetables: Corn Cucumber & Tomato Salad Choice of: Ice Cold Milk	NO SCHOOL	



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

