

Rota Lunch Menu October 2017



	Elementary Lunch Menu						
2	3	4	5	6			
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	Asian Chicken Noodle Salad	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			
9	10	11	12	13			
	Choice of One:	Choice of One:	Choice of One:	Choice of One:			
	Soft Tacos	Spaghetti w/Garlic Roll	Chicken Sandwich	Pizza			
	Grilled Cheese	Paella	Asian Chicken Bowl w/Rice	Cheeseburger			
COLUMBUS DAY	Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:			
NO SCHOOL			Fresh Banana	Fresh Orange			
NO SCHOOL	Fresh Grapes	Fresh Apple	Chilled Fruit Cup	J			
	Chilled Fruit Cup Choice of Two Veg:	Chilled Fruit Cup Choice of Two Veg:		Chilled Fruit Cup			
	Side Salad	_	Choice of Two Veg: Cucumber & Tomato Salad	Choice of Two Veg:			
		Fresh Local Vegetable		Corn			
	Green Peas	Baby Carrots w/Dip	Steamed Broccoli	Baked Beans			
	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:					
Hot Dog	Ham & Cheese Melt	Lasagna w/Garlic Roll					
Sloppy Joe	Spanish Chicken w/Curry Rice	Asian Chicken Noodle Salad					
Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:					
Fresh Melon	Fresh Grapes	Fresh Apple					
Chilled Fruit Cup	Chilled Fruit Cup	Chilled Fruit Cup	NO SCHOOL	NO SCHOOL			
Choice of Two Veg:	Choice of Two Veg:	Choice of Two Veg:					
Peas	Side Salad	Fresh Local Vegetable					
Green Beans	Mixed Vegetables	Baby Carrots w/Dip					
Choice of:	Choice of:	Choice of:					
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk					
23	24	25	26	27			
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 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:			
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			
30	31	November 1	November 2	November 3			
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				
Sloppy Joe	Spanish Chicken w/Curry Rice	Asian Chicken Noodle Salad	Beef Burrito				
Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:	Choice of One Fruit:	NO SCHOOL			
Fresh Melon	Fresh Grapes	Fresh Apple	Fresh Banana				
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:				
Peas	Side Salad	Fresh Local Vegetable	Corn				
Green Beans	Mixed Vegetables	Baby Carrots w/Dip	Cucumber & Tomato Salad				
Choice of:	Choice of:	Choice of:	Choice of:				
Ice Cold Milk	Ice Cold Milk	Ice Cold Milk	Ice Cold Milk				

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



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Rota Lunch Menu October 2017



Secondary Lunch Menu						
2 Choice of One: Hot Dog Sloppy Joe Choice of One Fruit:	3 Choice of One: Ham & Cheese Melt Spanish Chicken w/Curry Rice Choice of One Fruit:	4 Choice of One: Lasagna w/Garlic Roll Asian Chicken Noodle Salad Choice of One Fruit:	5 Choice of One: Chicken Nuggets w/Roll Beef Burrito Choice of One Fruit:	6 Choice of One: Pizza Fish Sticks w/Mac & Cheese Choice of One Fruit:		
Fresh Melon Chilled Fruit Cup Choice of Two Veg: Peas	Fresh Grapes Chilled Fruit Cup Choice of Two Veg: Side Salad	Fresh Apple Chilled Fruit Cup Choice of Two Veg: Fresh Local Vegetable	Fresh Banana Chilled Fruit Cup Choice of Two Veg: Corn	Fresh Orange Chilled Fruit Cup Choice of Two Veg: Roasted Potatoes		
Green Beans Choice of: Ice Cold Milk	Mixed Vegetables Choice of: Ice Cold Milk 10	Baby Carrots w/Dip Choice of: Ice Cold Milk 11	Cucumber & Tomato Salad Choice of: Ice Cold Milk 12	Baked Beans Choice of: Ice Cold Milk 13		
COLUMBUS DAY NO SCHOOL	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	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	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	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		
16 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	17 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	18 Choice of One: Lasagna w/Garlic Roll Asian Chicken Noodle Salad 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	19 NO SCHOOL	NO SCHOOL		
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	24 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	25 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	26 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	27 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		
30 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	31 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	November 1 Choice of One: Lasagna w/Garlic Roll Asian Chicken Noodle Salad 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	November 2 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	November 3 NO SCHOOL		

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



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