



Rota Lunch Menu October 2017

Elementary Lunch Menu

<p>2</p> <p>Choice of One: Hot Dog Sloppy Joe</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Peas Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>3</p> <p>Choice of One: Ham & Cheese Melt Spanish Chicken w/Curry Rice</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>4</p> <p>Choice of One: Lasagna w/Garlic Roll Asian Chicken Noodle Salad</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>5</p> <p>Choice of One: Chicken Nuggets w/Roll Beef Burrito</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>6</p> <p>Choice of One: Pizza Fish Sticks w/Mac & Cheese</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Roasted Potatoes Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>9</p> <p>COLUMBUS DAY NO SCHOOL</p>	<p>10</p> <p>Choice of One: Soft Tacos Grilled Cheese</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>11</p> <p>Choice of One: Spaghetti w/Garlic Roll Paella</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>12</p> <p>Choice of One: Chicken Sandwich Asian Chicken Bowl w/Rice</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Cucumber & Tomato Salad Steamed Broccoli</p> <p>Choice of: Ice Cold Milk</p>	<p>13</p> <p>Choice of One: Pizza Cheeseburger</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>16</p> <p>Choice of One: Hot Dog Sloppy Joe</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Peas Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>17</p> <p>Choice of One: Ham & Cheese Melt Spanish Chicken w/Curry Rice</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>18</p> <p>Choice of One: Lasagna w/Garlic Roll Asian Chicken Noodle Salad</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>19</p> <p>NO SCHOOL</p>	<p>20</p> <p>NO SCHOOL</p>
<p>23</p> <p>Choice of One: Meatball Sub Breakfast for Lunch</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>24</p> <p>Choice of One: Soft Tacos Grilled Cheese</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>25</p> <p>Choice of One: Spaghetti w/Garlic Roll Paella</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>26</p> <p>Choice of One: Chicken Sandwich Asian Chicken Bowl w/Rice</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Cucumber & Tomato Salad Steamed Broccoli</p> <p>Choice of: Ice Cold Milk</p>	<p>27</p> <p>Choice of One: Pizza Cheeseburger</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>30</p> <p>Choice of One: Hot Dog Sloppy Joe</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Peas Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>31</p> <p>Choice of One: Ham & Cheese Melt Spanish Chicken w/Curry Rice</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>November 1</p> <p>Choice of One: Lasagna w/Garlic Roll Asian Chicken Noodle Salad</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>November 2</p> <p>Choice of One: Chicken Nuggets w/Roll Beef Burrito</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>November 3</p> <p>NO SCHOOL</p>

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



Visit www.mynavyexchange.com/smp for further SMP information.



Pre-pay for your student's meal account online at www.mypaymentsplus.com

Menu subject to change based on availability

USDA is an equal opportunity employer



Rota Lunch Menu October 2017

Secondary Lunch Menu

<p>2</p> <p>Choice of One: Hot Dog Sloppy Joe</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Peas Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>3</p> <p>Choice of One: Ham & Cheese Melt Spanish Chicken w/Curry Rice</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>4</p> <p>Choice of One: Lasagna w/Garlic Roll Asian Chicken Noodle Salad</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>5</p> <p>Choice of One: Chicken Nuggets w/Roll Beef Burrito</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>6</p> <p>Choice of One: Pizza Fish Sticks w/Mac & Cheese</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Roasted Potatoes Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>9</p> <p>COLUMBUS DAY NO SCHOOL</p>	<p>10</p> <p>Choice of One: Soft Tacos Grilled Cheese</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>11</p> <p>Choice of One: Spaghetti w/Garlic Roll Paella</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>12</p> <p>Choice of One: Chicken Sandwich Asian Chicken Bowl w/Rice</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Cucumber & Tomato Salad Steamed Broccoli</p> <p>Choice of: Ice Cold Milk</p>	<p>13</p> <p>Choice of One: Pizza Cheeseburger</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>16</p> <p>Choice of One: Hot Dog Sloppy Joe</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Peas Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>17</p> <p>Choice of One: Ham & Cheese Melt Spanish Chicken w/Curry Rice</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>18</p> <p>Choice of One: Lasagna w/Garlic Roll Asian Chicken Noodle Salad</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>19</p> <p>NO SCHOOL</p>	<p>20</p> <p>NO SCHOOL</p>
<p>23</p> <p>Choice of One: Meatball Sub Breakfast for Lunch</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Green Beans Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>24</p> <p>Choice of One: Soft Tacos Grilled Cheese</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Green Peas</p> <p>Choice of: Ice Cold Milk</p>	<p>25</p> <p>Choice of One: Spaghetti w/Garlic Roll Paella</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>26</p> <p>Choice of One: Chicken Sandwich Asian Chicken Bowl w/Rice</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Cucumber & Tomato Salad Steamed Broccoli</p> <p>Choice of: Ice Cold Milk</p>	<p>27</p> <p>Choice of One: Pizza Cheeseburger</p> <p>Choice of One Fruit: Fresh Orange Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Baked Beans</p> <p>Choice of: Ice Cold Milk</p>
<p>30</p> <p>Choice of One: Hot Dog Sloppy Joe</p> <p>Choice of One Fruit: Fresh Melon Chilled Fruit Cup</p> <p>Choice of Two Veg: Peas Green Beans</p> <p>Choice of: Ice Cold Milk</p>	<p>31</p> <p>Choice of One: Ham & Cheese Melt Spanish Chicken w/Curry Rice</p> <p>Choice of One Fruit: Fresh Grapes Chilled Fruit Cup</p> <p>Choice of Two Veg: Side Salad Mixed Vegetables</p> <p>Choice of: Ice Cold Milk</p>	<p>November 1</p> <p>Choice of One: Lasagna w/Garlic Roll Asian Chicken Noodle Salad</p> <p>Choice of One Fruit: Fresh Apple Chilled Fruit Cup</p> <p>Choice of Two Veg: Fresh Local Vegetable Baby Carrots w/Dip</p> <p>Choice of: Ice Cold Milk</p>	<p>November 2</p> <p>Choice of One: Chicken Nuggets w/Roll Beef Burrito</p> <p>Choice of One Fruit: Fresh Banana Chilled Fruit Cup</p> <p>Choice of Two Veg: Corn Cucumber & Tomato Salad</p> <p>Choice of: Ice Cold Milk</p>	<p>November 3</p> <p>NO SCHOOL</p>

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



Visit www.mynavexchange.com/smp for further SMP information.



Pre-pay for your student's meal account
online at www.mypaymentsplus.com