



# Rota Lunch Menu September 2021



## Elementary Lunch Menu

<p>30 August <b>Choice of One:</b> (1) Tangerine Chicken w/Fried Rice (2) Hot Ham &amp; Cheese Croissant <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p>31 August <b>Choice of One:</b> (1) Nathan's Hot Dog (2) Chicken Tenders <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>01 September <b>Choice of One:</b> (1) Pasta w/Meat Sauce (2) Grilled Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>02 <b>Choice of One:</b> (1) Beef Burrito (2) Turkey Deli Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber &amp; Tomato Salad <b>Choice of:</b> Ice Cold Milk</p>	<p>03 <b>Choice of One:</b> (1) Pizza (2) Fish Filet Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk</p>
<p>06 September  <b>HOLIDAY</b></p>	<p>07 <b>Choice of One:</b> (1) Soft Tacos (2) Grilled Cheese <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>08 <b>Choice of One:</b> (1) Chicken Adobo w/Rice (2) Lasagna w/Garlic Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>09 <b>Choice of One:</b> (1) Chicken Sandwich (2) Breakfast for Lunch <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber &amp; Tomato Salad <b>Choice of:</b> Ice Cold Milk</p>	<p>10 <b>Choice of One:</b> (1) Cheese Sticks (2) Cheeseburger <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk</p>
<p>13 <b>Choice of One:</b> (1) Tangerine Chicken w/Fried Rice (2) Hot Ham &amp; Cheese Croissant <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p>14 <b>Choice of One:</b> (1) Nathan's Hot Dog (2) Chicken Tenders <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>15 <b>Choice of One:</b> (1) Pasta w/Meat Sauce (2) Grilled Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>16 <b>Choice of One:</b> (1) Beef Burrito (2) Turkey Deli Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber &amp; Tomato Salad <b>Choice of:</b> Ice Cold Milk</p>	<p>17 <b>Choice of One:</b> (1) Pizza (2) Fish Filet Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk</p>
<p>20 <b>Choice of One:</b> (1) Teriyaki Chicken w/Fried Rice (2) BBQ Meatballs w/Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p>21 <b>Choice of One:</b> (1) Soft Tacos (2) Grilled Cheese <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>22 <b>Choice of One:</b> (1) Chicken Adobo w/Rice (2) Lasagna w/Garlic Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>23 <b>Choice of One:</b> (1) Chicken Sandwich (2) Breakfast for Lunch <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber &amp; Tomato Salad <b>Choice of:</b> Ice Cold Milk</p>	<p>24 <b>Choice of One:</b> (1) Cheese Sticks (2) Cheeseburger <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk</p>
<p>27 <b>Choice of One:</b> (1) Tangerine Chicken w/Fried Rice (2) Hot Ham &amp; Cheese Croissant <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p>28 <b>Choice of One:</b> (1) Nathan's Hot Dog (2) Chicken Tenders <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>29 <b>Choice of One:</b> (1) Pasta w/Meat Sauce (2) Grilled Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>30 <b>Choice of One:</b> (1) Beef Burrito (2) Turkey Deli Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber &amp; Tomato Salad <b>Choice of:</b> Ice Cold Milk</p>	<p>01 October <b>Choice of One:</b> (1) Pizza (2) Fish Filet Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk</p>

Menu subject to change based on availability

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## Secondary Lunch Menu

<p>30 August <b>Choice of One:</b> (1) Tangerine Chicken w/Fried Rice and Egg Roll (2) Hot Ham &amp; Cheese Croissant <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p>31 August <b>Choice of One:</b> (1) Nathan's Hot Dog (2) Chicken Tenders w/ Corn Muffin <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>01 September <b>Choice of One:</b> (1) Pasta w/Meat Sauce w/Garlic Roll (2) Grilled Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>02 <b>Choice of One:</b> (1) Salad Bowl w/Roll  <b>Choice of Fruit:</b> Assorted Fresh Fruit  <b>Choice of:</b> Ice Cold Milk</p>	<p>03 <b>Choice of One:</b> (1) Pizza (2) Fish Filet Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Sweet Potato Fries Baked Beans <b>Choice of:</b> Ice Cold Milk</p>
<p>06 September  <b>HOLIDAY</b></p>	<p>07 <b>Choice of One:</b> (1) Soft Tacos (2) Spicy Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>08 <b>Choice of One:</b> (1) Chicken Adobo w/Rice (2) Lasagna w/Garlic Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>09 <b>Choice of One:</b> (1) Deli Sandwich or Wrap  <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber &amp; Tomato Salad <b>Choice of:</b> Ice Cold Milk</p>	<p>10 <b>Choice of One:</b> (1) Cheese Sticks (2) Cheeseburger <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk</p>
<p>13 <b>Choice of One:</b> (1) Tangerine Chicken w/Fried Rice and Egg Roll (2) Hot Ham &amp; Cheese Croissant <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p>14 <b>Choice of One:</b> (1) Nathan's Hot Dog (2) Chicken Tenders w/ Corn Muffin <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>15 <b>Choice of One:</b> (1) Pasta w/Meat Sauce w/Garlic Roll (2) Grilled Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>16 <b>Choice of One:</b> (1) Salad Bowl w/Roll  <b>Choice of Fruit:</b> Assorted Fresh Fruit  <b>Choice of:</b> Ice Cold Milk</p>	<p>17 <b>Choice of One:</b> (1) Pizza (2) Fish Filet Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Sweet Potato Fries Baked Beans <b>Choice of:</b> Ice Cold Milk</p>
<p>20 <b>Choice of One:</b> (1) Teriyaki Chicken w/Fried Rice and Egg Roll (2) BBQ Meatballs w/Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p>21 <b>Choice of One:</b> (1) Soft Tacos (2) Spicy Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>22 <b>Choice of One:</b> (1) Chicken Adobo w/Rice (2) Lasagna w/Garlic Roll <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>23 <b>Choice of One:</b> (1) Deli Sandwich or Wrap  <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Corn Cucumber &amp; Tomato Salad <b>Choice of:</b> Ice Cold Milk</p>	<p>24 <b>Choice of One:</b> (1) Cheese Sticks (2) Cheeseburger <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Roasted Sweet Potatoes Baked Beans <b>Choice of:</b> Ice Cold Milk</p>
<p>27 <b>Choice of One:</b> (1) Tangerine Chicken w/Fried Rice and Egg Roll (2) Hot Ham &amp; Cheese Croissant <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Steamed Broccoli Mashed Potatoes <b>Choice of:</b> Ice Cold Milk</p>	<p>28 <b>Choice of One:</b> (1) Nathan's Hot Dog (2) Chicken Tenders w/ Corn Muffin <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Side Salad Green Peas <b>Choice of:</b> Ice Cold Milk</p>	<p>29 <b>Choice of One:</b> (1) Pasta w/Meat Sauce w/Garlic Roll (2) Grilled Chicken Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Mixed Vegetables Fresh Carrots <b>Choice of:</b> Ice Cold Milk</p>	<p>30 <b>Choice of One:</b> (1) Salad Bowl w/Roll  <b>Choice of Fruit:</b> Assorted Fresh Fruit  <b>Choice of:</b> Ice Cold Milk</p>	<p>01 October <b>Choice of One:</b> (1) Pizza (2) Fish Filet Sandwich <b>Choice of Fruit:</b> Assorted Fresh Fruit <b>Choice of Vegetables:</b> Sweet Potato Fries Baked Beans <b>Choice of:</b> Ice Cold Milk</p>

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## Sure Start Lunch Menu

30 August Hot Ham & Cheese Croissant Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	31 August Chicken Tenders Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	01 September Pasta w/Meat Sauce Assorted Fresh Fruit Mixed Vegetables Fresh Carrots Ice Cold Milk	02 Turkey Deli Sandwich Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	03 Pizza Assorted Fresh Fruit Roasted Sweet Potatoes Baked Beans Ice Cold Milk
06 September <b>HOLIDAY</b>	07 Grilled Cheese Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	08 Lasagna w/Garlic Roll Assorted Fresh Fruit Mixed Vegetables Fresh Carrots Ice Cold Milk	09 Breakfast for Lunch Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	10 Cheese Sticks Assorted Fresh Fruit Roasted Sweet Potatoes Baked Beans Ice Cold Milk
13 Hot Ham & Cheese Croissant Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	14 Chicken Tenders Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	15 Pasta w/Meat Sauce Assorted Fresh Fruit Mixed Vegetables Fresh Carrots Ice Cold Milk	16 Turkey Deli Sandwich Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	17 Pizza Assorted Fresh Fruit Roasted Sweet Potatoes Baked Beans Ice Cold Milk
20 Teriyaki Chicken w/Fried Rice Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	21 Grilled Cheese Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	22 Lasagna w/Garlic Roll Assorted Fresh Fruit Mixed Vegetables Fresh Carrots Ice Cold Milk	23 Breakfast for Lunch Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	24 Cheese Sticks Assorted Fresh Fruit Roasted Sweet Potatoes Baked Beans Ice Cold Milk
27 Hot Ham & Cheese Croissant Assorted Fresh Fruit Steamed Broccoli Mashed Potatoes Ice Cold Milk	28 Chicken Tenders Assorted Fresh Fruit Side Salad Green Peas Ice Cold Milk	29 Pasta w/Meat Sauce Assorted Fresh Fruit Mixed Vegetables Fresh Carrots Ice Cold Milk	30 Turkey Deli Sandwich Assorted Fresh Fruit Corn Cucumber & Tomato Salad Ice Cold Milk	01 October Pizza Assorted Fresh Fruit Roasted Sweet Potatoes Baked Beans Ice Cold Milk

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