

February 2016

North Rock Creek Schools

LUNCH



****Menu is subject to change****

**This Institution is an Equal
opportunity Provider and
Employer**



Nutrition Tip: Make Fruit More Appealing: Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries

Monday

Meatball subs
Steamed broccoli
Fruit of the Day
Cookie
Milk

1

Tuesday

Cheese Nachos
Refried Beans
Seasoned Corn
Fruit of the Day
Salsa Cups
Milk

2

Wednesday

Spaghetti
Seasoned Green Beans
Garlic Breadstick
Fruit of the Day
Milk

3

Thursday

Chicken Fajitas
Mexicali Corn
Cherry Tomatoes
Fruit of the Day
Milk

4

Friday

Mazzios Pizza
Tossed Salad
Fruit of the Day
Pudding
Milk

5

Grilled Cheese
Tomato Soup
Tator Tots
Fruit of the Day
Milk

8

Taco Salad
Pinto Beans
Fruit of the Day
Salsa Cups
Wacky Cake
Milk

9

Beef Fingers
Mash Potatoes/Gravy
Peas & Carrots
Hot Roll
Fruit of the Day
Milk

10

BBQ Wienies
Macaroni & Cheese
Steamed Broccoli
Fruit of the Day
Milk

11

Grilled Chicken Sandwich
Oven fries
Lettuce & Pickle
Fruit of the Day
Milk

12

No School

15

Sloppy Joe
Pickle Spear
Sweet Green Peas
Fruit of the Day
Milk

16

Chicken Strips
Mash Potatoes/Gravy
Steamed Broccoli
Hot Roll
Fruit of the Day
Milk

17

Hamburgers
Oven fries
Lettuce & Pickle
Baked Beans
Fruit of the Day
Milk

18

Mazzios Pizza
Tossed Salad
Fruit of the Day
Pudding
Milk

19

Salisbury Steak
Mash Potatoes/gravy
Peas & Carrots
Hot Roll
Fruit of the Day
Milk

22

Fish Sticks
Macaroni & Cheese
Pinto Beans
Baby Carrots w/ranch
Fruit of the Day
Milk

23

Beefy Mac
Seasoned Corn
Hot Roll
Fruit of the Day
Milk

24

Taco Soup
Tortilla Chips
Fresh Broccoli W/Ranch
Fruit of the Day
Milk

25

Grilled Chicken Sandwich
Tator Tots
Lettuce & Pickle
Fruit of the Day
Milk

26

Cheeseburger
Oven Fries
Lettuce & Pickle
Sliced Tomato
Fruit of the Day
Milk

29

