

ALL STUDENTS EAT FOR FREE!!

NUTRITIONAL INFORMATION AVAILABLE FROM DISTRICT NURSE OR DISTRICT OFFICE, FOOD SERVICE.

Rocky Point Charter School Menu

Meals provided by Gateway Unified School District

Adult Breakfast \$4.25
Milk \$.50
Adult Lunch \$5.75



STUDENTS CHOOSE 3 OF 5 COMPONENTS FOR LUNCH (IE. PROTEIN, GRAIN, VEGETABLE, FRUIT, MILK)
AN ENTREE ITEM MAY ENCOMPASS 2 COMPONENTS (IE. PROTEIN/GRAIN)

STUDENTS MUST TAKE 1/2 CUP OF FRUIT OR VEGETABLE AT THE MINIMUM; MORE IS ALLOWED AND BOTH ARE ALLOWED

STUDENTS CHOOSE MINIMUM OF 3 OF THE 4 ITEMS OFFERED FOR BREAKFAST

(IE. PROTEIN, GRAIN, FRUIT/VEGETABLE, MILK)

2 GRAIN COMPONENTS MAY BE TAKEN

2 FRUIT COMPONENTS MAY BE TAKEN

ANY ITEM MAY BE 2 COMPONENTS

(IE. PROTEIN/GRAIN = 2 GRAIN)

STUDENTS MUST TAKE 1/2 CUP OF FRUIT OR VEGETABLE

BREAKFAST INCLUDES FRESH FRUIT and/or JUICE

(CANNED FRUIT MAY ALSO BE AVAILABLE)

(VEGETABLES ARE INCLUDED IN THIS GROUPING) **GRAIN**

Item/s; DAIRY Item/s (MILK)

LUNCH INCLUDES FRESH FRUIT

(CANNED MAY BE AVAILABLE); FRESH

SALAD and/or FRESH

VEGETABLE(S)

SERVING FIVE STAR MEALS



Monday	Tuesday	Wednesday	Thursday	Friday
				1 CINNAMON SWEET ROLL <u>LUNCH</u> FRENCH BREAD PIZZA
4 FRENCH TOAST STICKS <u>LUNCH</u> POPCORN CHICKEN CURLY NOODLES	5 HOT OATMEAL 1/2 ENGLISH MUFFIN <u>LUNCH</u> CHICKEN FAJITA SEASONED RICE	6 BREAKFAST WRAP <u>LUNCH</u> CORN DOG POTATO WEDGES	7 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> CHILICONCARNE (HOMEMADE) CORNBREAD	8 YOGURT PARFAITS (FRUIT & GRANOLA) <u>LUNCH</u> ORANGE CHICKEN RICE
11 FRENCH TOAST <u>LUNCH</u> CHEESE BURGER W/BUN CRINKLE CUT FRIES	12 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN <u>LUNCH</u> SOFT TACO (BEEF)	13 EGGSTRAVAGANZA CINNAMON TOAST SLICE <u>LUNCH</u> TOASTED CHEESE SAND. CHICKEN SOUP (HOMEMADE)	14 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> BAKED CHICKEN PORTIONS MASHED POTATOES, CORN ROLL	15 CINNAMON SWEET ROLL <u>LUNCH</u> FRENCH BREAD PIZZA
18 FRENCH TOAST STICKS <u>LUNCH</u> CHICKEN TENDERS STEAMED BROCCOLI	19 COLD CEREAL CHOICES <u>LUNCH</u> BEEFY NACHOS W/CHEESE SAUCE SEASONED RICE	20 BREAKFAST WRAP <u>LUNCH</u> SUB SANDWICH (TURKEY) SUN CHIPS	21 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> SALISBURY STEAK MASHED POTATOES, GREEN BEANS, ROLL	22 PANCAKE SAUS. ON A STICK <u>LUNCH</u> FRENCH BREAD PIZZA
25 WAFFLES <u>LUNCH</u> CHICKEN NUGGETS STEAMED CARROTS	26 YOGURT PARFAITS (FRUIT & GRANOLA) <u>LUNCH</u> BURRITO (BEAN & CHEESE)	27 EGGSTRAVAGANZA CINNAMON TOAST SLICE <u>LUNCH</u> RIB A QUE (BEEF) (HONEY BBQ)	28 COLD CEREAL CHOICES 1/2 BAGEL <u>LUNCH</u> TURKEY W/GRAVY MASHED POTATOES, CORN	29 -----NO SCHOOL-----

CHILLED 1% WHITE MILK AND NONFAT CHOCOLATE MILK & OTHER FLAVORS ARE SEASONAL (no high fructose corn syrup in chocolate milk)
ALL MENU'S SUBJECT TO CHANGE BASED ON PRODUCT AVAILABILITY

PLEASE COME AND JOIN US FOR A NUTRITIOUS, HEALTHY BREAKFAST AND LUNCH! WE PROUDLY SERVE FRANZ BREAD ITEMS THAT ARE WHOLE WHEAT AND WHOLE GRAIN