

ALL STUDENTS EAT FOR FREE!!

Adult Breakfast \$4.25

Adult Lunch \$5.75

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)**



Rocky Point Charter School Menu

Meals provided by Gateway Unified School District



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


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

SERVING FIVE STAR MEALS



LUNCH INCLUDES FRESH FRUIT (CANNED MAY BE AVAILABLE); **FRESH SALAD and/or FRESH VEGETABLE(S)**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>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</p> <p>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</p>		1 EGGSTRAVAGANZA CINNAMON TOAST SLICE LUNCH HNY. BBQ. BEEF RIB/SAND.	2 COLD CEREAL CHOICES 1/2 BAGEL LUNCH TURKEY&GRAVY W/ MASHED POTATOES, CORN, ROLL	3 CINNAMON SWEET ROLL LUNCH FRENCH BREAD PIZZA
6 FRENCH TOAST STICKS LUNCH CHEESEBURGER W/BUN CRINKLE CUT FRIES	7 HOT OATMEAL 1/2 ENGLISH MUFFIN LUNCH SOFT TACO	8 BREAKFAST WRAP LUNCH TOASTED CHEESE SAND. CHICKEN SOUP	9 COLD CEREAL CHOICES 1/2 BAGEL LUNCH BAKED CHICKEN PORTIONS, MASHED POTATOES, CORN, ROLL	10 YOGURT PARFAITS (FRUIT & GRANOLA) LUNCH FRENCH BREAD PIZZA
13 WAFFLES LUNCH CHICKEN TENDERS STEAMED BROCCOLI	14 COLD CEREAL CHOICES 1/2 ENGLISH MUFFINS LUNCH BEEFY NACHOS W/CHEESE SEASONED RICE	15 EGGSTRAVAGANZA CINNAMON TOAST SLICE LUNCH SUB SANDWICH SUN CHIPS	16 COLD CEREAL CHOICES 1/2 BAGEL LUNCH LASAGNA W/ GROUND BEEF GREEN BEANS	17 CINNAMON SWEET ROLL LUNCH FRENCH BREAD PIZZA
20 FRENCH TOAST STICKS LUNCH CHICKEN NUGGETS STEAMED CARROTS	21 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH CHICKEN FAJITA SEASONED RICE	22 BREAKFAST WRAP LUNCH HOT DOG W/BUN TOTS	23 COLD CEREAL CHOICES 1/2 BAGEL LUNCH SPAGHETTI W/MEAT SAUCE GREEN BEANS	24 PANCAKE SAUSAGE ON A STICK LUNCH ORANGE CHICKEN RICE
27  Memorial Day -----NO SCHOOL-----	28 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH BEAN & CHEESE BURRITO TOTS	29 EGGSTRAVAGANZA CINNAMON TOAST SLICE LUNCH CORN DOG POTATO WEDGES	30 COLD CEREAL CHOICES 1/2 BAGEL LUNCH TURKEY&GRAVY W/ MASHED POTATOES, CORN, ROLL	31 YOGURT PARFAITS (FRUIT & GRANOLA) LUNCH FRENCH BREAD PIZZA