

Breakfast with or without milk  
 Reduced Price Breakfast  
 Adult Breakfast with out milk  
 Milk (white 1%, choc. NF, straw 1%)

\$1.00  
\$.30  
\$2.25  
\$.30



## Rocky Point Charter School Menu

Meals provided by Gateway Unified School District



Lunch with or w/o milk K-5 \$2.00  
 Lunch with or w/o milk 6-8 \$2.25  
 Reduced Price Lunch \$.40  
 Adult Lunch without milk \$3.50  
[www.myschoolbuc ks.com](http://www.myschoolbuc ks.com)

NUTRITIONAL INFORMATION AVAILABLE FROM HEALTH CLERK OR DISTRICT OFFICE, FOOD SERVICE.

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**



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**

**BREAKFAST INCLUDES FRESH FRUIT/JUICE COMPONENT (VEGETABLES INCLUDED IN THIS COMPONENT)**  
**GRAIN COMPONENTS; DAIRY COMPONENT (MILK)**  
 (CANNED FRUIT MAY ALSO BE AVAILABLE)

SERVING FIVE STAR MEALS



**LUNCH INCLUDES FRESH FRUIT (CANNED MAY BE AVAILABLE); FRESH SALAD BAR AND/OR FRESH VEGETABLE(S)**

Monday	Tuesday	Wednesday	Thursday	Friday
 15 <b>Breakfast Wrap</b> <u>Lunch</u> <b>Chicken Patty Sandwich</b>	 16 <b>Cold Cereal Choices</b> <b>Blueberry Muffin</b> <u>Lunch</u> <b>Meatloaf w/Mashed Potatoes, Roll, Green Beans</b>	17 <b>Baked Apple Sticks</b> <b>Lunch</b> <b>French Bread Pizza</b> 	18 <b>French Toast</b> <u>Lunch</u> <b>Hamburger w/Bun</b> <b>Potato Wedges</b>	19 <b>Cold Cereal Choices</b> <b>1/2 English Muffin</b> <u>Lunch</u> <b>Burrito (bean/cheese)</b> <b>Tots</b>
20 <b>French Toast Sticks</b> <u>Lunch</u> <b>Chicken Tenders</b> <b>Curly Noodles</b>	21 <b>Cold Cereal Choices</b> <b>1/2 English Muffin</b> <u>Lunch</u> <b>Nachos w/Ground Beef</b>	22 <b>Omelet (cheese)</b> <b>Cinnamon Toast Slice</b> <u>Lunch</u> <b>Rib A Que Sandwich (pork)</b>	23 <b>Hot Oatmeal</b> <b>1/2 Bagel</b> <u>Lunch</u> <b>Baked Chicken Portions</b> <b>Mashed Potatoes, Corn</b>	24 <b>Pancake Sausage on a Stick</b> <u>Lunch</u> <b>French Bread Pizza</b>
25 <b>French Toast Sticks</b> <u>Lunch</u> <b>Chicken Tenders</b> <b>Curly Noodles</b>	26 <b>Cold Cereal Choices</b> <b>1/2 English Muffin</b> <u>Lunch</u> <b>Nachos w/Ground Beef</b>	27 <b>Omelet (cheese)</b> <b>Cinnamon Toast Slice</b> <u>Lunch</u> <b>Rib A Que Sandwich (pork)</b>	28 <b>Cold Cereal Choices</b> <b>Blueberry Muffin</b> <u>Lunch</u> <b>Turkey w/Gravy &amp; Mashed Potatoes, Roll, Green Beans</b>	29 <b>Cinnamon Sweet Roll</b> <u>Lunch</u> <b>Orange Chicken Rice</b> 

CHILLED 1% WHITE MILK AND NONFAT CHOCOLATE MILK & VANILLA IS SERVED DAILY (no high fructose corn syrup in chocolate & vanilla 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 WE ALSO PROUDLY SERVE PRODUCER'S MILK AND DAIRY ITEMS