

Breakfast with or with out milk **\$1.00**
 Reduced Price Breakfast **\$.30**
 Adult Breakfast with out milk **\$2.25**
 Milk (white 1%, choc. NF, straw 1%) **\$.30**

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

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

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.myschoolbucks.com



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
<p>STUDENT S 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</p>	<p>STUDENT S 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</p>	<p>1 COLD CEREAL CHOICES BLUEBERRY MUFFIN LUNCH BAKED CHICKEN PORTIONS MASHED POTATOES, CORN, ROLL</p>	<p>2 BAKED APPLE STICKS LUNCH FRENCH BREAD PIZZA</p>	
<p>5 FRENCH TOAST LUNCH CORN DOG TATER TOTS</p>	<p>6 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH ENCHILLADAS SEASONED RICE</p>	<p>7 EGGSTRAVAGANZA CINNAMON TOAST SLICE LUNCH TOASTED CHEESE SAND. CHICKEN NOODLE SOUP</p>	<p>8 HOT OATMEAL 1/2 BAGEL LUNCH CHILI CON CARNE CORNBREAD BOWL</p>	<p>9 PANCAKE SAUS. ON STICK LUNCH ORANGE CHICKEN RICE</p>
<p>12 NO SCHOOL</p>	<p>13 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH LOS CABOS BURRITO TOTS</p>	<p>14 BREAKFAST WRAP LUNCH SUB SANDWICH SUN CHIPS</p>	<p>15 COLD CEREAL CHOICES BLUEBERRY MUFFIN LUNCH TURKEY/GRAVY, MASHED POTATOES, GREEN BEANS, ROLL</p>	<p>16 CINNAMON SWEET ROLL LUNCH FRENCH BREAD PIZZA</p>
<p>19</p>	<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>
<p>THANKSGIVING BREAK NO SCHOOL</p>				
<p>26 FRENCH TOAST STICKS LUNCH HAMBURGER W/ BUN POTATO WEDGES</p>	<p>27 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH BEEFY NACHOS W/CHEESE SAUCE SEASONED RICE</p>	<p>28 COLBY CHEESE OMELET CINNAMON TOAST SLICE LUNCH BEEF MINESTRONE SOUP</p>	<p>29 HOT OATMEAL 1/2 BAGEL LUNCH SPAGHETTI AND MEAT SAUCE GREEN BEANS</p>	<p>30 CINNAMON SWEET ROLL LUNCH FRENCH BREAD PIZZA</p>

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