

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

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



SERVING FIVE STAR MEALS



www.myschoolbucks.com

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

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

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

(E. PROTEIN, GRAIN, FRUIT/VEGETABLE, MILK)
 GRAIN COMPONENTS MAY BE TAKEN
 FRUIT COMPONENTS MAY BE TAKEN
 ANY ITEM MAY BE 2 COMPONENTS

(E. PROTEIN/GRAIN = 2 GRAIN)

STUDENTS MUST TAKE 1/2 CUP OF FRUIT OR VEGETABLE

STUDENTS CHOOSE 3 OF 5 COMPONENTS FOR LUNCH

(E. PROTEIN, GRAIN, VEGETABLE, FRUIT, MILK)
 AN ENTREE ITEM MAY ENCOMPASS 2 COMPONENTS
 (E. PROTEIN/GRAIN)

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



Monday	Tuesday	Wednesday	Thursday	Friday
7 -----NO SCHOOL----- 	8 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH CHICKEN FAJITA SEASONED RICE 	9 BREAKFAST OMELET CINNAMON TOAST SLICE LUNCH RIB A QUE SANDWICH	10 COLD CEREAL CHOICES BLUEBERRY MUFFIN LUNCH BAKED CHICKEN PORTIONS MASHED POTATOES, ROLL, CORN	11 CINNAMON SWEET ROLL LUNCH FRENCH BREAD PIZZA
14 FRENCH TOAST LUNCH HAMBURGER W/BUN CRINKLE CUT FRIES	15 HOT OATMEAL 1/2 BAGEL LUNCH SOFT TACO STEAMED CARROTS 	16 BREAKFAST WRAP LUNCH SUB SANDWICH SUN CHIPS 	17 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH TOASTED CHEESE SAND. CHICKEN NOODLE SOUP	18 BAKED APPLE STICKS LUNCH ORANGE CHICKEN RICE
21 -----NO SCHOOL----- MARTIN LUTHER KING, JR. DAY 	22 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH POPCORN CHICKEN STEAMED CARROTS	23 EGGSTRAVAGANZA CINNAMON TOAST SLICE LUNCH HOME-MADE CHILLI CON CARNE CORNBREAD	24 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH SPAGHETTI W/MEAT SAUCE GREEN BEANS	25 PANCAKE/SAUS. ON A STICK LUNCH FRENCH BREAD PIZZA
28 FRENCH TOAST STICKS LUNCH CHICKEN PATTY SAND STEAMED BROCCOLI 	29 HOT OATMEAL 1/2 BAGEL LUNCH LOS CABOS BURRITO TOTS	30 BREAKFAST WRAP LUNCH MINISTRONE SOUP	31 COLD CEREAL CHOICES BLUEBERRY MUFFIN LUNCH TURKEY, GRAVY, MASHED POTATOES, ROLL, GREEN BEANS	

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
 WE ALSO PROUDLY SERVE PRODUCER'S MILK AND DAIRY ITEMS