

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.

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

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

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

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

SERVING FIVE STAR MEALS



Monday	Tuesday	Wednesday	Thursday	Friday
 DRINK MILK! 	 		 	1 CINNAMON SWEET ROLL LUNCH FRENCH BREAD PIZZA
4 FRENCH TOAST LUNCH POPCORN CHICKEN STEAMED CARROTS 	5 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH BEEFY NACHOS W/CHEESE SEASONED RICE	6 BREAKFAST OMELET (CHEESE) CINNAMON TOAST SLICE LUNCH SUB SANDWICH SUN CHIPS	7 COLD CEREAL CHOICES BLUEBERRY MUFFIN LUNCH CHILI CON CARNE CORNBREAD	8 CINNAMON SWEET ROLL LUNCH ORANGE CHICKEN RICE
11 FRENCH TOAST STICKS LUNCH HOT DOG W/BUN FRENCH FRIES	12 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH TACO BOAT SEASONED RICE	13 EGGSTRAVAGANZA CINNAMON TOAST SLICE LUNCH TOASTED CHEESE SAND. CHICKEN HOODLE SOUP	14 COLD CEREAL CHOICES 1/2 BAGEL SLICE LUNCH BAKED CHICKEN PORTIONS MASHED POTATOES, ROLL, CORN	15 PANCAKE SAUS. ON A STICK LUNCH FRENCH BREAD PIZZA
18 PANCAKES LUNCH HAMBURGER W/BUN POTATO WEDGES	19 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH SOFT TACO	20 BREAKFAST BURRITO LUNCH CHICKEN NUGGETS STEAMED BROCCOLI 	21 COLD CEREAL CHOICES BLUEBERRY MUFFIN LUNCH COOK'S CHOICE	22 CINNAMON SWEET ROLL LUNCH FRENCH BREAD PIZZA
25 WAFFLES LUNCH CHICKEN PATTY SAND. STEAMED BROCCOLI	26 HOT OATMEAL 1/2 BAGEL LUNCH BURRITO TOTS	27 BREAKFAST WRAP LUNCH MINESTRONE SOUP	28 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH TURKEY, GRAVY MASHED POTATOES, ROLL, GREEN BEANS	29 BAKED APPLE STICKS LUNCH FRENCH BREAD PIZZA

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

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