

Breakfast with or with out milk **\$1.00**
 Reduced Price Breakfast **\$.30**
 Adult Breakfast with out milk **\$2.25**
 Milk **\$.30**



(milk 1%, choc. HF, straw 1%)
 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)
 2 GRAIN COMPONENTS MAY BE TAKEN
 2 FRUIT COMPONENTS MAY BE TAKEN
 ANY ITEM MAY BE 2 COMPONENTS
 (E. PROTEIN/GRAIN = 2 GRAIN)

SERVING FIVE STAR REPAIRS



STUDENTS MUST TAKE 1/2 CUP OF FRUIT OR VEGETABLE

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

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
<p>BREAKFAST INCLUDES FRESH FRUIT/JUICE COMPONENT (VEGETABLES INCLUDED IN THIS COMPONENT) GRAIN COMPONENTS: DAIRY COMPONENT (MILK) (CANNED FRUIT MAY ALSO BE AVAILABLE)</p>		1 BREAKFAST OMELET CINNAMON TOAST SLICE LUNCH HONEY BBQ RIB SAND.	2 COLD CEREAL CHOICES BLUEBERRY MUFFIN MIX LUNCH CHILI CON CARNE CORNBREAD	3 CINNAMON SWEET ROLL LUNCH FRENCH BREAD PIZZA
6 FRENCH TOAST STICKS LUNCH CORN DOG POTATO WEDGES 	7 HOT OATMEAL 1/2 BAGEL LUNCH SOFT TACO	8 BREAKFAST WRAP LUNCH SUB SANDWICH SUN CHIPS 	9 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH BAKED CHICKEN PORTIONS MASHED POTATOES, ROLL	10 PANCAKE SAUS. ON A STICK LUNCH FRENCH BREAD PIZZA
13 FRENCH TOAST STICKS LUNCH TERIYAKI BEEF DUNKERS CURLY NOODLES	14 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH TACO BOAT SEASONED RICE	15 EGG STRAVAGANZA SLICE CINNAMON TOAST LUNCH CHICKEN PATTY SAND. STEAMED BROCCOLI 	16 COLD CEREAL CHOICES BLUEBERRY MUFFIN LUNCH TOASTED CHEESE SAND. CHICKEN NOODLE SOUP	17 BAKED APPLE STICK LUNCH ORANGE CHICKEN RICE 
20 PANCAKES LUNCH HAMBURGER ON BUN CRINKLE CUT FRIES 	21 COLD CEREAL CHOICES LUNCH CHICKEN FAJITA SEASONED RICE	22 BREAKFAST BURRITO LUNCH SUB SANDWICH SUN CHIPS 	23 COLD CEREAL CHOICES BLUEBERRY MUFFIN LUNCH TURKEY, GRAVY, MASHED POTATOES, ROLL, CORN	24 CINNAMON SWEET ROLL LUNCH FRENCH BREAD PIZZA COOKS CHOICE
27 NO SCHOOL  Memorial Day	28 HOT OATMEAL 1/2 BAGEL LUNCH BEEFY NACHOS WICHEESE SEASONED RICE	29 BREAKFAST WRAP LUNCH CHICKEN NUGGETS STEAMED CARROTS	30 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH LASAGNA BREADSTICK	31 BAKED APPLE STICK LUNCH FRENCH BREAD PIZZA COOKS CHOICE

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

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

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