

Reduced Price Breakfast
Full Breakfast with out milk
 Milk (white 1%, choc. NF, straw 1%)

\$.30
\$2.25
\$.30



Rocky Point Charter School Menu

Meals provided by Gateway Unified School District



Lunch with or w/o milk 6-8 **\$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

ADDITIONAL INFORMATION AVAILABLE FROM HEALTH DEPARTMENT OR DISTRICT OFFICE, FOOD SERVICE.

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

(PROTEIN, GRAIN, FRUIT/VEGETABLE, MILK)
 MAIN COMPONENTS MAY BE TAKEN SEPARATELY
 SIDE COMPONENTS MAY BE TAKEN SEPARATELY
 ITEM MAY BE 2 COMPONENTS
 (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 A TIME
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)



Monday	Tuesday	Wednesday	Thursday	Friday
2 NO SCHOOL	3 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH LOS CABOS BURRITO TOTS	4 BREAKFAST WRAP LUNCH SUB SANDWICH SUN CHIPS	5 COLD CEREAL CHOICES BLUEBERRY MUFFIN LUNCH CHILI CON CARNE CORNBREAD	6 CINNAMON SWEET ROLL LUNCH FRENCH BREAD PIZZA
9 FRENCH TOAST STICKS LUNCH HOT DOG W/BUN FRIES	10 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH CHICKEN FAJITA SEASONED RICE	11 EGGSTRAVAGANZA CINNAMON TOAST SLICE LUNCH TOASTED CHEESE SAND. CHICKEN SOUP	12 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH BAKED CHICKEN PORTIONS MASHED POTATOES, CORN ROLL	13 PANCAKE SAUS. ON A STICK LUNCH FRENCH BREAD PIZZA
16 PANCAKES LUNCH HAMBURGER W/BUN POTATO WEDGES	17 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH SOFT TACO	18 BREAKFAST BURRITO LUNCH CHICKEN NUGGETS STEAMED BROCCOLI 	19 COLD CEREAL CHOICES BLUEBERRY MUFFIN LUNCH SPAGHETTI W/MARINARA SAUCE GREEN BEANS	20 CINNAMON SWEET ROLL LUNCH ORANGE CHICKEN RICE
23 WAFFLES LUNCH CHICKEN PATTY SAND. STEAMED CARROTS 	24 HOT OATMEAL 1/2 BAGEL LUNCH BEEFY NACHOS SEASONED RICE	25 BREAKFAST OMELET CINNAMON TOAST SLICE LUNCH HONEY BBQ RIB SAND.	26 COLD CEREAL CHOICES 1/2 ENGLISH MUFFIN LUNCH TURKEY, GRAVY MASHED POTATOES, GREEN BEANS, ROLL	27 BAKED APPLE STICK LUNCH FRENCH BREAD PIZZA
30 FRENCH TOAST LUNCH POPCORN CHICKEN STEAMED CARROTS 	 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			

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



SERVING FIVE STAR MEALS



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