

**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 and/or JUICE**  
**Item/s (CANNED FRUIT MAY ALSO BE AVAILABLE)**  
**(VEGETABLES ARE INCLUDED IN THIS GROUPING) GRAIN Item**  
**DAIRY Item/s (MILK)**

STUDENTS 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 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**

**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](http://www.myschoolbucks.com)

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



SERVING FIVE STAR MEALS



Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>FRENCH TOAST</b> <b>LUNCH</b> <b>HAMBURGER W/BUN</b> <b>FRIES</b> 	4 <b>HOT OATMEAL</b> <b>1/2 ENGLISH MUFFIN</b> <b>LUNCH</b> <b>CHICKEN FAJITA</b> <b>SEASONED RICE</b>	5 <b>EGGSTRAVAGANZA</b> <b>CINNAMON TOAST SLICE</b> <b>LUNCH</b> <b>TOASTED CHEESE SAND.</b> <b>CHICKEN SOUP</b>	6 <b>COLD CEREAL CHOICES</b> <b>1/2 BAGEL</b> <b>LUNCH</b> <b>HOMEMADE CHILI</b> <b>CORNBREAD</b>	7 <b>PANCAKE SAUS. ON STICK</b> <b>LUNCH</b> <b>FRENCH BREAD PIZZA</b>
10 <b>WAFFLES</b> <b>LUNCH</b> <b>CHICKEN NUGGETS</b> <b>STEAMED BROCCOLI</b>	11 <b>HOT OATMEAL</b> <b>1/2 ENGLISH MUFFIN</b> <b>LUNCH</b> <b>SOFT TACO</b> 	12 <b>OMELET (CHEESE)</b> <b>CINNAMON TOAST SLICE</b> <b>LUNCH</b> <b>SUB SANDWICH</b> <b>SUN CHIPS</b>	13 <b>COLD CEREAL CHOICES</b> <b>1/2 BAGEL</b> <b>LUNCH</b> <b>SPAGHETTI</b> <b>GREEN BEANS</b>	14 <b>BOSCO APPLE STICK</b> <b>LUNCH</b> <b>ORANGE CHICKEN</b> <b>RICE</b>
17 	18 -----NO SCHOOL----- 	<b>PRESIDENT'S WEEK</b>		21 -----NO SCHOOL-----
24 <b>FRENCH TOAST STICKS</b> <b>LUNCH</b> <b>CHICKEN SANDWICH</b> <b>STEAMED CARROTS</b>	25 <b>COLD CEREAL CHOICES</b> <b>1/2 ENGLISH MUFFIN</b> <b>LUNCH</b> <b>BEEFY NACHOS w/CHEESE</b> <b>SEASONED RICE</b>	26 <b>BREAKFAST WRAP</b> <b>LUNCH</b> <b>POPCORN CHICKEN</b> <b>CURLY NOODLES</b>	27 <b>COLD CEREAL CHOICES</b> <b>1/2 BAGEL</b> <b>LUNCH</b> <b>TURKEY, GRAVY</b> <b>MASHED POTATOES, I</b> <b>GREEN BEANS</b> 	28 <b>CINNAMON SWEET ROLL</b> <b>LUNCH</b> <b>FRENCH BREAD PIZZA</b> 
CHILLED 1% WHITE MILK AND NONFAT CHOCOLATE MILK & OTHER FLAVORS ARE SEASONAL (no high fructose com 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 FRENCH BREAD ITEMS THAT ARE WHOLE WHEAT AND WHOLE GRAIN WE ALSO PROUDLY SERVE PRODUCER'S MILK AND DAIRY ITEMS		