

**ROCKBRIDGE COUNTY SCHOOLS  
ROCKBRIDGE COUNTY HIGH SCHOOL MENU FOR FEBRUARY 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>In accordance with Federal Law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.</p>	<p>MENUS ARE SUBJECT TO CHANGE WITHOUT NOTICE.</p> <p>MEAL PRICES:</p> <p>ELEMENTARY LUNCH \$1.85</p> <p>MIDDLE/HIGH LUNCH \$2.10</p>	1	2	3
		<p><b>BREAKFAST</b></p> <p><b>FRENCH TOAST (2) W/SYRUP</b></p> <p><b>CHILLED MIXED FRUIT</b></p> <p><b>LUNCH</b></p> <p>CHEESE STIX W/SAUCE OR CHICKEN PATTY/BUN</p> <p>STEAMED BROCCOLI</p> <p>APPLESAUCE</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>CHEESE OMLET W/ TOAST</b></p> <p><b>FRUIT OR FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>BAR-B-QUE RIB ON BUN OR POPCORN CHICKEN</p> <p>MASHED POTATOES</p> <p>SEASONED GREEN BEANS</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>SAUSAGE BISCUIT</b></p> <p><b>FRESH FRUIT CHOICE OR 100% JUICE</b></p> <p><b>LUNCH</b></p> <p>PIZZA OR FISH NUGGETS/ROLL</p> <p>GARDEN SALAD</p> <p>SEASONED CORN</p> <p>FRUIT</p> <p>LOWFAT MILK CHOICE</p>
6	7	8	9	10
<p><b>BREAKFAST</b></p> <p><b>BREAKFAST PIZZA</b></p> <p><b>100% FRUIT JUICE OR CHILLED FRUIT</b></p> <p><b>LUNCH</b></p> <p>CRISPITO W/CHEESE OR CHICKEN PATTY ON BUN</p> <p>BAKED FRIES</p> <p>MIXED GREENS</p> <p>ANIMAL CRACKERS</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>PB&amp;JELLY BAGEL WITH FRUIT OR FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>BEEF TACO W/LETT/CHEESE AND SALSA OR POPCORN CHICKEN</p> <p>SEASONED CORN</p> <p>BABY CARROTS/DIP</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>WAFFLE W/SYRUP SAUSAGE</b></p> <p><b>FRUIT OR FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>CORN DOG NUGGETS OR HAM/CHEESE SANDWICH</p> <p>BROCCOLI W/CHEESE</p> <p>ORANGE WEDGES</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>CHEESE OMLET W/ TOAST</b></p> <p><b>1/2 BANANA OR JUICE</b></p> <p><b>LUNCH</b></p> <p>SAUSAGE BISCUIT OR HOT DOG</p> <p>MACARONI W/CHEESE</p> <p>GREEN BEANS</p> <p>CHILLED FRUIT</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>HAM BISCUIT</b></p> <p><b>FRUIT OR 100% FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>PIZZA OR TUNA SALAD SANDWICH</p> <p>BAKED FRIES</p> <p>STEAMED PEAS</p> <p>TROPICAL APPLES</p> <p>LOWFAT MILK CHOICE</p>
13	14	15	16	17
<p><b>BREAKFAST</b></p> <p><b>PANCAKE W/SYRUP</b></p> <p><b>TURKEY BACON</b></p> <p><b>FRUIT OR FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>CHEESEBURGER OR FISH NUGGETS W/ROLL</p> <p>STEAMED BROCCOLI</p> <p>FRESH APPLE WEDGES</p> <p>VALENTINE CAKE</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>BLUEBERRY MUFFIN W/YOGURT</b></p> <p><b>FRUIT OR FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>CRISPITO W/CHEESE OR CHICKEN FAJITA W/RICE</p> <p>AND HOT ROLL</p> <p>STEAMED PEAS</p> <p>FRUIT</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>SAUSAGE GRAVY W/ BISCUIT</b></p> <p><b>FRUIT OR FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>HAM/CHEESE CALZONE OR BURRITO</p> <p>SEASONED POTATO WEDGES</p> <p>MIXED VEGETABLES</p> <p>CHILLED PEACHES</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>FRENCH TOAST W/ BAKED APPLES</b></p> <p><b>FRUIT OR FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>SPICY CHICKEN ON BUN OR SPAGHETTI W/MEATSAUCE</p> <p>GREEN BEANS</p> <p>PINEAPPLE TIDBITS</p> <p>COOKIE</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>CINNAMON TASTRIES</b></p> <p><b>CHOICE OF FRUIT OR FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>MANAGER'S CHOICE PIZZA OR BBQ RIB SANDWICH</p> <p>MIXED GREENS</p> <p>STRAWBERRY CUP</p> <p>LOWFAT MILK CHOICE</p>
20	21	22	23	24
<p><b>BREAKFAST</b></p> <p><b>STEAK BISCUIT</b></p> <p><b>CHOICE OF FRUIT OR FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>STEAK/CHEESE SUB OR CHICKEN NUGGETS W/ROLL</p> <p>BAKED BEANS</p> <p>FRUIT</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>FRENCH TOAST STIX W/ SYRUP, TURKEY BACON</b></p> <p><b>FRUIT OR FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>CRISPITO W/CHEESE OR HAMBURGER STEAK W/GRAVY</p> <p>AND HOT ROLL</p> <p>MASHED POTATOES</p> <p>GREEN BEANS</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>CHERRY FRUDEL</b></p> <p><b>FRUIT OR FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>GRILLED CHEESE OR HAM SANDWICH</p> <p>VEGETABLE BEEF SOUP</p> <p>APPLE WEDGES</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>CHEESE TOAST</b></p> <p><b>STRAWBERRY CUP</b></p> <p><b>OR 100% JUICE</b></p> <p><b>LUNCH</b></p> <p>CHEESEBURGER ON BUN W/ LETTUCE &amp; TOMATO OR CHEESE QUESADILLA</p> <p>BABY CARROTS W/DIP</p> <p>FRUIT</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>SAUSAGE GRAVY BISCUIT</b></p> <p><b>FRUIT OR FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>PIZZA OR CORN DOG NUGGETS</p> <p>STEAMED PEAS</p> <p>CHILLED MIXED FRUIT</p> <p>COOKIE</p> <p>LOWFAT MILK CHOICE</p>
27	28	29	<p><b>OFFER VS SERVE</b></p> <p><b>STUDENTS MUST BE OFFERED ALL FIVE REQUIRED ITEMS: ONE SERVING EACH OF MEAT/MEAT ALTERNATE, MILK, GRAINS/BREADS; AND TWO SERVINGS OF VEGETABLE/FRUIT. A STUDENT MUST CHOOSE 3 OF THE 5 REQUIRED ITEMS IN ORDER TO HAVE A REIMBURSABLE LUNCH.. MEALS MUST BE SOLD AS A UNIT TO BE REIMBURSABLE.</b></p>	
<p><b>BREAKFAST</b></p> <p><b>BREAKFAST PIZZA</b></p> <p><b>CHOICE</b></p> <p><b>FRUIT OR FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>NACHO BOWL OR TURKEY &amp; CHEESE SUB</p> <p>BABY CARROTS W/DRESSING</p> <p>FRESH FRUIT</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>CHICKEN BISCUIT</b></p> <p><b>CHOICE OF FRUIT OR FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>BURRITO W/SALSA OR POPCORN CHICKEN</p> <p>GREEN BEANS</p> <p>BAKED APPLES</p> <p>LOWFAT MILK CHOICE</p>	<p><b>BREAKFAST</b></p> <p><b>PANCAKE ON STICK</b></p> <p><b>CHOICE OF FRUIT OR FRUIT JUICE</b></p> <p><b>LUNCH</b></p> <p>SAUSAGE BISCUIT OR HAM BISCUIT</p> <p>MACARONI W/CHEESE</p> <p>GREEN BEANS</p> <p>CHILLED FRUIT</p> <p>LOWFAT MILK CHOICE</p>		
<p>SERVED DAILY: A choice of fruit or 100% fruit juice and a choice of lowfat milk OR cereal with lowfat milk and toast or graham crackers.</p> <p>Meal Prices: Breakfast: \$.80 Lunch: Elementary: \$1.75 Middle/High \$2.00</p>				