

HIGH SCHOOL MENU - JUNE

Rockland District High School

All Hot Lunches are served with a choice of 1% Low Fat Milk or 1/2% Low Fat Chocolate Milk

An alternate meal of Pizza^{WG}, Chicken Burgers, Spicy Chicken Burgers or Teriyaki Chicken Burgers is available daily

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>1</p> <p>Bagel^{WW} & Cream Cheese^{LT}</p> <p>Fresh Fruit, Cold Cereals^{WG}, Low Fat Milk, 100% Fruit Juice</p> <p>Chicken Nuggets^{WG} Krinkle Cut Fries Pineapple Fresh Broccoli w/ Italian Dressing^{LT}</p>	<p>2</p> <p>Croissant Sandwich w/ Bacon & Egg</p> <p>Fresh Fruit, Cold Cereals^{WG}, Low Fat Milk, 100% Fruit Juice</p> <p>"Breakfast for Lunch" Waffle Sticks^{WG}, Sausage Patty & Hash Brown Fresh Grapes</p>	<p>3</p> <p>Breakfast Pizza^{MG}</p> <p>Fresh Fruit, Cold Cereals^{WG}, Low Fat Milk, 100% Fruit Juice</p> <p>"Make your own Taco" Meat^{B&T}, Flour Tortilla, Cheese, Salsa, Fresh Romaine, Veggies & Sour Cream. Brown Rice with Corn & Frijoles Fresh Orange</p>	<p>4</p> <p>Eng. Muffin^{WW} Sand. w/ Ham & Egg</p> <p>Fresh Fruit, Cold Cereals^{WG}, Low Fat Milk, 100% Fruit Juice</p> <p>Shepard's Pie^{B&T} Dinner Roll^{WW} Corn on the cob Apple Sauce</p>	<p>5</p> <p>Breakfast Bun^{WG}</p> <p>Fresh Fruit, Cold Cereals^{WG}, Low Fat Milk, 100% Fruit Juice</p> <p>Grilled Chicken Breast over Spring Lettuce w/ Toasted Almonds, Fresh Orange & Asian Dressing^{FF} Fresh Berries, Honey Toasted Oatmeal & Yogurt^{FF}</p>
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<p>8</p> <p>Bagel^{WW} & Cream Cheese^{LT}</p> <p>Fresh Fruit, Cold Cereals^{WG}, Low Fat Milk, 100% Fruit Juice</p> <p>Cheeseburger on a Bun^{WW} Curly Fries Fresh Apple</p>	<p>9</p> <p>Eng. Muffin^{WW} Sand. w/ Saus. & Egg</p> <p>Fresh Fruit, Cold Cereals^{WG}, Low Fat Milk, 100% Fruit Juice</p> <p>Ham Italian Sandwich^{WG} Carrot Slaw Popcorn Mixed Fruit Cup</p>	<p>10</p> <p>Breakfast Pizza^{MG}</p> <p>Fresh Fruit, Cold Cereals^{WG}, Low Fat Milk, 100% Fruit Juice</p> <p>Nachos w/ Meat^{B&T} & Cheese Sauce. Garden Salad w/ Romaine Lettuce, Tomato, Carrot, Garbanzos & Italian Dressing^{LT} Peach Cobbler^{WG}</p>	<p>11</p> <p>Croissant Sandwich w/ Ham & Egg</p> <p>Fresh Fruit, Cold Cereals^{WG}, Low Fat Milk, 100% Fruit Juice</p> <p>French Bread Stick^{WW} w/ Mozzarella Cheese & Meat^{B&T} Marinara sauce for dunking. Fresh Kiwi</p>	<p>12</p> <p>A Variety of Fruited Scones</p> <p>Fresh Fruit, Cold Cereals^{WG}, Low Fat Milk, 100% Fruit Juice</p> <p>Pizza Assortment Fresh Sugar Snap Peas & Fresh Broccoli w/ Ranch^{FF} Fresh Pears</p>
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<p>15</p> <p>Bagel^{WW} & Cream Cheese^{LT}</p> <p>Fresh Fruit, Cold Cereals^{WG}, Low Fat Milk, 100% Fruit Juice</p> <p>Popcorn Chicken Smiley Fries Sweet Potato fries Pudding</p>	<p>16</p> <p>Biscuit Sandwich w/ Bacon & Egg</p> <p>Fresh Fruit, Cold Cereals^{WG}, Low Fat Milk, 100% Fruit Juice</p>	<p>17</p> <p>Breakfast Pizza^{MG}</p> <p>Fresh Fruit, Cold Cereals^{WG}, Low Fat Milk, 100% Fruit Juice</p>	<p>_____</p>	<p>19</p> <p>_____</p>
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WG = Whole Grain B&T = Beef & Turkey WWW = White Whole Wheat MG = Multi Grain LT = Low Fat & Calories FF = Fat Free

The Menu is subject to change according to the availability of foods