

September 2016

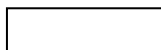
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12 Cheese Pizza Sweet Potato Fries Peaches Milk Alt: Buffalo Chicken Salad	13 Chicken Parmesan Mashed Potatoes Pineapple Dinner Roll Milk Alt: Chicken Caesar Wrap	14 Mac and Cheese Broccoli Fruit Cup Milk Alt: Crispy Chicken Salad	15 Salsa Chicken Spanish Rice Black Beans Peaches Milk Alt: Hot Dog on Bun	16 Teriyaki Beef Dippers Oriental Vegetables Diced Pears Dinner Roll Milk Alt: Italian Sausage on Bun		
19 Country Fried Steak with Gravy Black Eyed Peas Diced Pears Roll Milk Alt: Layered Taco Salad Cup	20 BBQ Chicken Legs Spinach and Mushrooms Fruit Cup Dinner Roll Milk Alt: Buffalo Chicken Salad	21 Boneless Buffalo Wings with Ranch Baby Carrots Pretzels Pears Milk Alt: Italian Sausage on Bun	22 Hot Open Faced Turkey Sandwich on Pretzel Roll Tropical Fruit Salad Green Beans Milk Alt: Chicken Caesar Salad	23 Supreme Grilled Cheese Corn Peaches Milk Alt: BBQ Grilled Chicken		
Breakfast-Mondays Bagel Raisins Juice and Milk	Breakfast-Tuesdays Blueberry Muffin Fresh Fruit Milk	Breakfast-Wednesdays Cereal Graham Crackers Raisins Juice and Milk	Breakfast-Thursdays Cereal Bar Fresh Fruit Milk	Breakfast-Fridays Cinnamon Pretzel with Strawberry Cream Cheese Raisins Juice and Milk		

CHARGE POLICY:

Students are allowed to charge 5 meals to their account. Once a 5 meal charge has been met they will not be allowed to eat. Remember we take cash payments on campus.

K12Payment Center

Coming soon! We will soon be able to accept payments by credit card through our website. Keep looking for updates on this future opportunity!



Rocky Mount Prep is an equal opportunity provider and employer