

Menu Oct 24-Nov 18 2016

Monday	Tuesday	Wednesday	Thursday	Friday
24 BBQ Pulled Pork on Bun Coleslaw Baked Seasoned Potatoes Fruit Cup Milk Alt: Hamburger on Bun	25 Chicken Patty Sandwich Green Beans Diced Pears Milk Alt: Hot Dog on White Bun	26 Mac and Cheese Broccoli Baked Apples Milk Alt: Crispy Chicken Salad	27 Baked Chicken Legs Mashed Sweet Potatoes Spiced Apples Dinner Roll Milk Alt: Turkey Sub	28 Beef Hot Dog on White Bun Baked Beans Diced Peaches Milk Alt: Layered Taco Salad in Cup
31 Grilled Spiced Chicken Glazed Carrots Applesauce Brown Rice Milk Alt: Chef Salad	1 Chicken Nuggets Ranch Baked Beans Diced Pears Dinner Roll Milk Alt: Cheeseburger	2 Spaghetti and Meatballs Broccoli Red Apple Dinner Roll Milk Alt: Crispy Chicken Salad	3 Chicken and Waffles California Vegetables Tropical Fruit Milk Alt: Buffalo Chicken Salad	4 Hot Beef Burger Mashed Potatoes and Gravy Peaches Milk Alt: BBQ Grilled Chicken on Bun
7 Teriyaki Beef Dippers Carrots Diced Pears Dinner Roll Milk Alt: Italian Sausage on Bun	8 Chicken Parm Mashed Potatoes Pineapple Dinner Roll Milk Alt: Chicken Caesar Wrap	9 Mac and Cheese Broccoli Fruit Cup Milk Alt: Crispy Chicken Salad	10 Salsa Chicken Spanish Rice Black Beans Peaches Milk Alt: Hot Dog on Bun	11 No School
14 Country Fried Steak with Gravy Black Eyes Peas Diced Pears Roll and Milk Alt: Layered Taco Salad in a Cup	15 BBQ Chicken Legs Spinach and Mushrooms Fruit Cup Dinner Roll and Milk Alt: Buffalo Chicken Salad	16 Boneless Buffalo Wings with Ranch Baby Carrots Pretzels Pears Milk Alt: Italian Sausage on Bun	17 Hot Open Faced Turkey Sandwich on Pretzel Roll Tropical Fruit Salad Mashed Potatoes Milk Alt: Chicken Caesar Wrap	18 3 Cheese Grilled Cheese Corn Diced Peaches Milk Alt: BBQ Chicken Sandwich

Rocky Mount Prep Meal Pricing:

Breakfast-\$2.50
Lunch K-8-\$3.25
Lunch 9-12-\$3.50

Monday:

Bagel, Raisins, Juice, Milk

Tuesday:

Cereal Bar, Fresh Fruit, Milk

Wednesday:

Cereal, Graham Crackers, Raisins, Juice, Milk

Thursday:

Cereal Bar, Fresh Fruit, Milk

Friday:

Cinnamon Pretzel with Strawberry Cream Cheese, Raisins, Juice, Milk

Rocky Mount Prep is an equal Opportunity Employer and Provider



