

Menu Nov 21-Dec 21

Monday	Tuesday	Wednesday	Thursday	Friday
Nov 21/Dec 19 BBQ Pulled Pork on Bun Coleslaw Baked Seasoned Potatoes Fruit Cup Milk Alt: Hamburger on Bun	Nov 22/Dec 20 Chicken Patty Sandwich Green Beans Diced Pears Milk Alt: Hot Dog on White Bun	Nov 23/Dec 21 Mac and Cheese Broccoli Baked Apples Milk Alt: Crispy Chicken Salad	24 Thanksgiving Holiday-No School	25 Thanksgiving Holiday-No School
28 Grilled Spiced Chicken Glazed Carrots Applesauce Brown Rice Milk Alt: Cheeseburger	29 Chicken Nuggets Ranch Baked Beans Diced Pears Dinner Roll Milk Alt: Chef Salad	30 Spaghetti and Meatballs Broccoli Red Apple Dinner Roll Milk Alt: Crispy Chicken Salad	1 Chicken and Waffles California Vegetables Tropical Fruit Milk Alt: Buffalo Chicken Salad	2 Hot Beef Burger Mashed Potatoes and Gravy Peaches Milk Alt: BBQ Grilled Chicken on Bun
5 Teriyaki Beef Dippers Carrots Diced Pears Dinner Roll Milk Alt: Italian Sausage on Bun	6 Chicken Parm Mashed Potatoes Pineapple Dinner Roll Milk Alt: Chicken Caesar Wrap	7 Mac and Cheese Broccoli Fruit Cup Milk Alt: Crispy Chicken Salad	8 Salsa Chicken Spanish Rice Black Beans Peaches Milk Alt: Hot Dog on Bun	9 Cheese Pizza Oriental Vegetables Peaches Milk Alt: Buffalo Chicken Salad
12 Country Fried Steak with Gravy Black Eyes Peas Diced Pears Roll and Milk Alt: Layered Taco Salad in a Cup	13 BBQ Chicken Legs Spinach and Mushrooms Fruit Cup Dinner Roll and Milk Alt: Buffalo Chicken Salad	14 Boneless Buffalo Wings with Ranch Baby Carrots Pretzels Pears Milk Alt: Italian Sausage on Bun	15 Hot Open Faced Turkey Sandwich on Pretzel Roll Tropical Fruit Salad Mashed Potatoes Milk Alt: Chicken Caesar Wrap	16 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

