

Menu Jan 30-Feb 24 2017

Monday	Tuesday	Wednesday	Thursday	Friday
30 Grilled Spiced Chicken Glazed Carrots Applesauce Brown Rice Milk Alt: Cheeseburger	31 Chicken Nuggets Ranch Baked Beans Diced Pears Dinner Roll Milk Alt: Chef Salad	1 Spaghetti and Meatballs Broccoli Pineapple Dinner Roll Milk Alt: Crispy Chicken Salad	2 Chicken and Waffles California Vegetables Tropical Fruit Milk Alt: Buffalo Chicken Salad	3 Hot Beef Burger Mashed Potatoes and Gravy Peaches Milk Alt: BBQ Grilled Chicken on Bun
6 Teriyaki Beef Dippers Carrots Diced Pears Dinner Roll Milk Alt: Italian Sausage on Bun	7 Chicken Parm Mashed Potatoes Pineapple Dinner Roll Milk Alt: Chicken Caesar Wrap	8 Mac and Cheese Broccoli Fruit Cup Milk Alt: Crispy Chicken Salad	9 Salsa Chicken Spanish Rice Black Beans Peaches Milk Alt: Hot Dog on Bun	10 Cheese Pizza Oriental Vegetables Peaches Milk Alt: Buffalo Chicken Salad
13 Country Fried Steak with Gravy Black Eyed Peas Diced Pears Roll and Milk Alt: Layered Taco Salad in a Cup	14 BBQ Chicken Legs Spinach and Mushrooms Fruit Cup Dinner Roll and Milk Alt: Buffalo Chicken Salad	15 Hot Open Faced Turkey Sandwich on Pretzel Roll Tropical Fruit Salad Mashed Potatoes Milk Alt: Chicken Caesar Wrap	16 Boneless Buffalo Wings with Ranch Baby Carrots Pretzels Pears Milk Alt: Italian Sausage on Bun	17 3 Cheese Grilled Cheese Corn Diced Peaches Milk Alt: BBQ Chicken Sandwich
20 BBQ Pulled Pork on Bun Coleslaw Baked Seasoned Potatoes Fruit Cup Milk Alt: Hamburger on Bun	21 Chicken Patty Sandwich Green Beans Diced Pears Milk Alt: Hot Dog on White Bun	22 Mac and Cheese Broccoli Baked Apples Milk Alt: Crispy Chicken Salad	23 Baked Chicken Legs Mashed Sweet Potatoes Pineapple Dinner Roll Milk Alt: Turkey Sub	24 Hot Dog on Bun Baked Beans Peaches Milk Alt: Layered Taco Salad

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