

Monday

Tuesday

Wednesday

Thursday

Friday



6

Sausage Biscuit
Yogurt, Granola
Frosted Flakes
Froot Loops
Toast
Fruit
Juice
Milk

7

Pop-Tart
Yogurt, Granola
Honey Nut Cheerios
Lucky Charms
Toast
Fruit
Juice
Milk

1

Breakfast Pizza
Yogurt, Granola
Cocoa Puffs
Froot Loops
Toast
Fruit
Juice
Milk

2

Gravy & Biscuit
Yogurt, Granola
Lucky Charms
Frosted Flakes
Toast
Fruit
Juice, Milk

3

Muffins
Yogurt, Granola
Honey Nut Cheerio
Lucky Charms
Toast
Fruit
Juice
Milk

8

Breakfast Pizza
Yogurt, Granola
Cocoa Puffs
Froot Loops
Toast
Fruit
Juice
Milk

9

French Toast Sticks
Syrup
Yogurt, Granola
Lucky Charms
Frosted Flakes
Toast
Fruit
Juice, Milk

10

Pancake Porky, Syrup
Yogurt, Granola
Honey Nut Cheerios
Cocoa Puffs
Toast
Fruit
Juice
Milk

13

Bacon, Egg, and
Cheese Biscuit
Yogurt, Granola
Frosted Flakes
Froot Loops
Toast
Fruit
Juice, Milk

14

Mini Donuts
Yogurt, Granola
Honey Nut Cheerios
Lucky Charms
Toast
Fruit
Juice
Milk

15

Breakfast Pizza
Yogurt, Granola
Cocoa Puffs
Froot Loops
Toast
Fruit
Juice
Milk

16

Oatmeal
Yogurt, Granola
Lucky Charms
Frosted Flakes
Toast
Fruit
Juice
Milk

17

Mini Chicken Sliders
Yogurt, Granola
Honey Nut Cheerios
Cocoa Puffs
Toast
Fruit
Juice
Milk

20

Sausage Biscuit
Yogurt, Granola
Frosted Flakes
Froot Loops
Toast
Fruit
Juice
Milk

21



22



23



24

Pancake Porky, Syrup
Yogurt, Granola
Honey Nut Cheerios
Cocoa Puffs
Toast
Fruit
Juice
Milk

27

Sausage, Egg and
Cheese Biscuit
Yogurt, Granola
Frosted Flakes
Froot Loops
Toast
Fruit
Juice, Milk

28

Pop-Tart
Yogurt, Granola
Honey Nut Cheerios
Lucky Charms
Toast
Fruit
Juice
Milk

29

Breakfast Pizza
Yogurt, Granola
Cocoa Puffs
Froot Loops
Toast
Fruit
Juice
Milk

30

For a complete (free) meal, students must choose 3 items with 1 being ½ cup of fruit or juice.

Breakfast is free for ALL students. A second breakfast is \$1. An extra milk is 35 cents. A variety of milk is offered daily. This menu is subject to change based on vendor availability, commodities received, inclement weather, etc. Updated menus are available at rockcastle.kyschools.us/breakfast-lunch-menu/

USDA is an equal opportunity provider and employer.



Monday

Tuesday

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Friday



6

Oven-Fried Chicken Drumstick

7

Mashed Potatoes,
Sweet Peas,
Cornbread, Fruit, Milk

Pepperoni Pizza

8

Broccoli & Cauliflower Cup
Corn, Assorted Pudding
Fruit, Milk

Chili & Jammer Sandwich

9

Oyster Crackers, Shredded
Cheese, Celery & Carrot Cup
Fruit, Milk

Cheese Quesadilla

10

Refried Beans, Spanish Rice,
White Queso Cheese, Tostitos,
Salsa, Slushy Cup,
Fruit, Milk

Cheesy Pepperoni Personal Pizza

13

Romaine Salad, Corn, Frozen
Sorbet Cup, Fruit, Milk

Pulled Pork BBQ Sandwich

14

Tater Tots, Cole Slaw,
Carnival Cookie, Fruit, Milk

Thanksgiving Dinner

15

Turkey, Dressing, Roll,
Mashed Potatoes and Gravy,
Green Beans, Cranberry Sauce,
Fruit, Dessert

Chicken Noodle Soup & Grilled Cheese

16

Crackers,
Celery & Carrot Cup
Fruit, Milk

Crispy Chicken Tenders

17

Broccoli & Cheese, Texas Toast,
Baked Beans, Slushy Cup,
Fruit, Milk

Pizza Crunchers with Marinara

20

Carrot Sticks,
Corn on the cob
Fruit, Milk

Crispy Chicken Sandwich

21

Onion Rings, Lettuce,
Tomato, Pickles, Baked Beans,
Fruit, Milk



22



23



24

Roasted Hot Dog

27

Onion Rings, Chili, Kraut,
Onions, Banana Peppers,
Baked Beans,
Fruit, Milk

Nacho Dorito Taco Salad

28

Nacho Cheese Doritos with
Beef, Cheese, Lettuce &
Tomatoes, Spanish Rice, Salsa,
Tri-Wedges, Fruit, Milk

Spaghetti and Meat Sauce

29

Breadstick, Romaine Salad,
Green Beans,
Fruit, Milk

Potato Soup w/ Ham & Cheese Sandwich

30

Lettuce, Tomato, Crackers,
Carrot Sticks
Fruit, Milk

Spaghetti and Meat Sauce

1

Breadstick, Romaine Salad,
Green Beans,
Fruit, Milk

Potato Soup w/ Ham & Cheese Sandwich

2

Lettuce, Tomato, Crackers,
Carrot Sticks
Fruit, Milk

Popcorn Chicken

3

Roll, Mashed Potatoes,
Corn on the Cob, Slushy Cup,
Fruit, Milk

Lunch is free for ALL students. A second lunch is full price. An extra milk is 35 cents.

Unflavored, chocolate, strawberry and vanilla milk offered daily. Chef salad offered daily at RCMS and RCHS. This menu is subject to change based on vendor availability, commodities received, inclement weather, etc. Updated menus are available at rockcastle.kyschools.us/breakfast-lunch-menu/

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