


Monday

1
Tuesday

2
Wednesday
Popcorn Chicken
3

 Roll, Mashed Potatoes,
 Glazed Carrots, Slushy Cup,
 Fruit, Milk

Thursday
**Chicken Noodle
Soup & Grilled Cheese**
4

 Crackers, Celery & Carrot
 Cup, Fruit, Milk

Friday
**Spaghetti and
Meat Sauce**
5

 Breadstick, Romaine Salad,
 Mozzarella Cheese, Green
 Beans, Fruit, Milk

Pepperoni Pizza
8

 Broccoli & Cauliflower Cup,
 Corn, Assorted Pudding,
 Fruit, Milk

Chicken Soft Tacos
9

 Lettuce, Salsa, Shredded
 Cheese, Spanish Rice,
 Refried Beans, Fruit, Milk

**Oven-Fried Chicken
Drumstick**
10

 Mashed Potatoes, Sweet
 Peas, Cornbread, Fruit, Milk

**Chili & Grilled
Cheese**
11

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

Turkey & Cheese
12

 Sub Baked Cheetos, Baked
 Beans, Pickles, Lettuce,
 Tomato, Carnival Cookie,
 Fruit, Milk

15
**Crispy Chicken
Sandwich**
16

 Seasoned Potato Wedges,
 Lettuce, Tomato, Pickles,
 Baked Beans, Fruit, Milk

Turkey & Stuffing
17

 Mashed Potatoes, Green
 Beans, Yeast Roll, Fruit, Milk

**Chicken Noodle
Soup & Grilled Cheese**
18

 Crackers, Celery & Carrot
 Cup, Fruit, Milk

Roasted Hot Dog
19

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

**Pizza Crunchers
with Marinara**
22

 Carrot Sticks, Corn,
 Fruit, Milk

**Hot Ham, Turkey
and Cheese on Bun**
23

 Tater Tots, Green Beans,
 Carnival Cookie, Fruit, Milk

Taco Salad
24

 Tostitos, Seasoned Beef,
 Cheese, Lettuce, Salsa, Rice,
 Potato Wedges, Fruit, Milk

**Tomato Soup and
Cheesy French Bread**
25

 Cauliflower & Broccoli Cup,
 Fruit, Milk

**Crispy Chicken
Tenders**
26

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

**Honey Crunch
Corn Dog**
29

 Mac & Cheese, Tater Tots,
 Fruit, Slushy Cup, Milk

**Rocket
Cheeseburger**
30

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

Popcorn Chicken
31

 Roll, Mashed Potatoes,
 Glazed Carrots, Fruit, Milk

Milk choices are unflavored, chocolate, strawberry and vanilla.

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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