

**Monday**

**1**
**Tuesday**

**2**
**Wednesday**
**Popcorn Chicken**
**3**

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

**Thursday**
**Potato Soup & Hot Ham & Cheese on Pretzel Bun**
**4**

Broccoli & 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 Fajitas**
**9**

Sautéed Peppers and  
 Onions, Salsa, Shredded  
 Cheese, Spanish Rice,  
 Refried Beans, Fruit, Milk

**Oven Roasted BBQ Chicken**
**10**

Broccoli & Cheese, Baked  
 Beans, Cornbread, Fruit,  
 Milk

**Chili & Grilled Cheese**
**11**

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

**Orange Chicken**
**12**

Jasmine Rice, Egg Roll,  
 Steamed Broccoli & Carrots,  
 Fortune Cookie, Fruit,  
 Lemon Ice, 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 & Provolone on Bun**
**23**

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

**Wing-It Wednesday**
**24**

Honey BBQ Wings,  
 Mac & Cheese, Green Beans,  
 Celery & Carrot Cup, Fruit,  
 Milk

**Chicken Taco Soup & Cheese Quesadilla**
**25**

Tostitos, Salsa, Seasoned  
 Potato Wedges, Fruit, Milk

**Crispy Chicken Tenders**
**26**

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

**4-Meat Pizza or Buffalo Chicken Pizza**
**29**

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

**Turkey BLT on Sub Roll**
**30**

Baked Cheetos, Baked Beans,  
 Pickles, Lettuce, Tomato,  
 Fruit, Milk

**Taco Salad**
**31**

Tostitos, Seasoned Beef,  
 Cheese, Lettuce & Tomatoes,  
 Spanish Rice, Salsa, Tri-Tater  
 Wedges, Fruit, Milk

**Chef salad offered daily at RCMS and RCHS. 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/](http://rockcastle.kyschools.us/breakfast-lunch-menu/)

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