

Monday
Tuesday
Wednesday
Thursday
Friday

5
**Fish Sandwich with Cheese
 OR Corn Dog**
 Mac & Cheese, Tater Tots,
 Cole Slaw, Fruit, Milk

6
Rocket Cheeseburger
 Fries, Lettuce, Tomato,
 Onion, Pickles, Baked Beans,
 Fruit, Milk

7
Popcorn Chicken
 Roll, Mashed Potatoes,
 Glazed Carrots, Fruit, Milk

8
**Manager's
 Choice**

9
Grilled Chicken Nuggets
 Cheesy Potatoes,
 Green Beans, Roll,
 Fruit, Milk

12
Pepperoni Pizza
 Broccoli & Cauliflower Cup,
 Corn, Assorted Pudding,
 Fruit, Milk

13
Chicken Fajitas
 Sautéed Peppers and Onions,
 Salsa, Shredded Cheese,
 Spanish Rice, Refried Beans,
 Fruit, Milk

14
**Oven Roasted BBQ Chicken
 or Oven-Fried Drumsticks**
 Broccoli & Cheese,
 Baked Beans, Cornbread,
 Fruit, Milk

15
Chili & Grilled Cheese
 Oyster Crackers, Shredded
 Cheese, Celery & Carrot Cup,
 Fruit, Milk

16
Orange Chicken
 Jasmine Rice, Egg Roll,
 Steamed Broccoli & Carrots,
 Fortune Cookie, Fruit,
 Lemon Ice, Milk

19
**Cheesy Pepperoni
 Personal Pizza**
 Romaine Salad, Corn, Frozen
 Sorbet Cup, Fruit, Milk

20
Crispy Chicken Sandwich
 Seasoned Potato Wedges,
 Lettuce, Tomato, Pickles,
 Baked Beans, Fruit, Milk

21
Turkey & Stuffing
 Mashed Potatoes,
 Green Beans, Yeast Roll,
 Fruit, Milk

22
**Chicken Noodle Soup
 and Grilled Cheese**
 Crackers, Celery & Carrot Cup,
 Fruit, Milk

23
Roasted Hot Dog
 Onion Rings, Chili, Kraut,
 Onions, Banana Peppers,
 Baked Beans, Fruit, Milk

26
**Pizza Crunchers
 with Marinara**
 Carrot Sticks, Corn,
 Fruit, Milk

27
**Hot Ham, Turkey and
 Provolone on Bun**
 Tater Tots, Cole Slaw,
 Carnival Cookie, Fruit, Milk

28
Wings Wednesday
 Honey BBQ Wings,
 Mac & Cheese, Green Beans,
 Celery & Carrot Cup, Fruit, Milk

Chef Salad offered daily. 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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