

**Monday**
**Tuesday**
**Wednesday**
**Thursday**
**Friday**

**5**

**6**
**Beef & Cheese  
Lasagna**
**7**

 Green Beans, Side Salad,  
Garlic Toast, Apple,  
Peaches, Parmesan, Milk

**Chicken Noodle Soup 1  
& Grilled Cheese**
**1**

 Crackers, Carrot & Celery  
Sticks, Mixed Berry Cup,  
Diced Pears, Milk

**Orange Chicken 2**
**2**

 Rice, Egg Roll, Steamed  
Broccoli & Carrots, Fortune  
Cookie, Lemon Ice, Fruit  
Variety, Milk

**Grilled Chicken 8  
Nuggets**
**8**

 Broccoli & Cheese, Baked  
Beans, Roll, Mixed Berry  
Cup, Diced Pears, Milk

**Taco Salad 9**
**9**

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

**Pizza Crunchers 12**
**12**

 Marinara, Carrot Sticks,  
Corn, Mandarin Oranges,  
Pineapple Chunks, Milk

**Crispy Chicken Sandwich 3**
**3**

 Curly Fries, Lettuce,  
Tomato, Pickles, Baked  
Beans, Grapes,  
Applesauce, Milk

**Thanksgiving Dinner 14**
**14**

 Turkey, Dressing, Roll,  
Mashed Potatoes and Gravy,  
Green Beans, Cranberry Sauce,  
Fruit, Pumpkin Pie, Milk

**Chili and 15  
Grilled Cheese**
**15**

 Crackers, Celery & Carrot  
Cup, Mixed Berry Cup,  
Diced Pears, Milk

**Popcorn Chicken 16**
**16**

 Broccoli & Cheese,  
Mashed Potatoes, Roll,  
Fruit Variety, Milk

**Buffalo Pizza or 4 Meat 9**
**9**
**Pizza (elem)** Carrot Sticks,  
Corn, JonnyPops,  
Mandarin Oranges,  
Pineapple Chunks, Milk

**Grilled Chicken 20  
Sandwich**
**20**

 Curly Fries, Lettuce,  
Tomato, Pickles, Carrots,  
Grapes, Applesauce, Milk

**21**

**22**

**23**
**Pepperoni Pizza 26**
**26**

 Sweet Potato Fries, Corn,  
Mandarin Oranges,  
Pineapple Chunks,  
Chocolate Pudding, Milk

**Rocket Burger 27**
**27**

 Lettuce, Tomato, Onion,  
Pickles, Potato Wedges,  
Carrot Sticks, Grapes,  
Applesauce, Milk

**Popcorn Chicken 28**
**28**

 Roll, Mashed Potatoes,  
Green Beans, Apple,  
Peaches, Milk

**Roasted Hot Dog 29**
**29**

 Onion Rings, Chili, Kraut,  
Onions, Banana Peppers,  
Baked Beans, Mixed Berry  
Cup, Diced Pears, Milk

**Ham & Cheese 30  
on Croissant**
**30**

 Tater Tots, Tomato,  
Lettuce, Broccoli & Carrot  
Cup, Cookie, Fruit, Milk

**Chef salad offered daily at all schools. Milk choices are 1% unflavored, 1% chocolate, 1% strawberry and 1% 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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