

LUNCH

BREAKFAST

# JANUARY 2021

Rockcastle County Schools

Student Meals - Free  
Staff Breakfast - \$2.50  
Staff Lunch - \$3.75

Monday

Tuesday

Wednesday

Thursday

Friday

# 2021



### Community Sites 4

Cheese Stuffed Breadstick Bites, Marinara, Corn, Fruit, Milk, Breakfast Grab Bag

### Community Sites 5

Roasted Hot Dog, Tater Tots, Baked Beans, Fruit, Milk, Breakfast Grab Bag

### Community Sites 6

Ham OR Popcorn Chicken, Mashed Potatoes, Green Beans, Roll, Milk, Breakfast Grab Bag

### Community Sites 7

Chicken Sandwich, Baked Chips, Pickles, Carrot Sticks, Fruit, Milk, Breakfast Grab Bag

### Community Sites 8

**Beef Nachos**  
Beef, Cheese, Tortilla Chips, Salsa, Fruit, Milk, Breakfast Grab Bag

### Chicken Soft Taco 11

Shredded Cheese, Glazed Carrots, Rice, Salsa, Milk  
**Breakfast:**  
Pop Tart, Juice or Fruit, Milk

### Rocket Cheeseburger 12

Pickles, Crinkle Fries, Fresh Pear, Ketchup, Mustard, Milk  
**Breakfast:**  
Chocolate Muffin, Applesauce, Milk

### Popcorn Chicken 13

Roll, Mashed Potatoes, Green Beans, Milk  
**Breakfast:**  
Mini Donuts, Peach Cup, Milk

### Pepperoni Pizza 14

Corn, Carrot Sticks, Ranch, Pineapples, Milk  
**Breakfast:**  
Strawberry Chex, Vanilla Yogurt, Juice, Milk

### Community Sites 15

Sausage, Egg & Cheese Slider, Tater Tots, Apples, Milk, Breakfast Grab Bag



18

### Roasted Hot Dog 19

Tater Tots, Baked Beans, Peach Cup, Mustard, Ketchup, Milk  
**Breakfast:** Blueberry Muffin, Applesauce, Milk

### Chicken Leg 20

Roll, Mashed Potatoes, Broccoli & Cheese, Milk  
**Breakfast:**  
SunWise Sandwich, Apple Slices, Milk

### Cheese Stuffed Breadstick Bites 21

Marinara, Corn, Glazed Carrots, Milk  
**Breakfast:** Nutri-Grain Bar, Vanilla Yogurt, Juice, Milk

### Community Sites 22

**Chicken Sandwich**  
Baked Chips, Pickles, Carrot Sticks, Ranch, Fresh Orange, Milk

### Rocket Cheeseburger 25

Pickles, Crinkle Fries, Fresh Pear, Ketchup, Mustard, Milk  
**Breakfast:**  
Chocolate Muffin, Applesauce, Milk

### Chicken Soft Taco 26

Shredded Cheese, Glazed Carrots, Rice, Salsa, Milk  
**Breakfast:**  
Pop Tart, Juice or Fruit, Milk

### Pepperoni Pizza 27

Corn, Carrot Sticks, Ranch, Pineapples, Milk  
**Breakfast:**  
Strawberry Chex, Vanilla Yogurt, Juice, Milk

### Popcorn Chicken 28

Roll, Mashed Potatoes, Green Beans, Milk  
**Breakfast:**  
Mini Donuts, Peach Cup, Milk

### Community Sites 29

Sausage, Egg & Cheese Slider, Tater Tots, Apples, Milk, Breakfast Grab Bag

Rocket Refuel Sites and Times: <http://rockcastle.kyschools.us/wp-content/uploads/2020/08/Route-Times-2.pdf>

Based on COVID-19 guidance from KDE and the health department, all meals will be boxed or bagged.

This menu is subject to change based on product availability and commodities received. USDA is an equal opportunity provider and employer.