

# Rocky's Retreat

## October Lunch Specials

2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>
Mozzarella Sticks or Mini Pancake & Sausage Seasoned Corn Peas Fruit Choice or Juice Milk Choice	Fold n Go Ham & Cheese or Cheese Pizza Ham & Beans w/crackers Cheesy Broccoli Fruit Choice or Juice Milk Choice	Chicken & Noodles or Chicken Fries Mashed Potatoes Carrots & Dip Fruit Choice or Juice Milk Choice	Taco Max Snax or Soft Pretzel/cheese cup Sliced Tomato Mixed Vegetables Fruit Choice or Juice Fruit Snacks Milk Choice	Spaghetti or Nachos w/meat & cheese Green Beans Seasonal Vegetables Fruit Choice or Juice Garlic Bread Milk Choice
9 <sup>th</sup>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>
Cheeseburger or Cheesy Garlic Flatbread Carrots w/dip Mixed Vegetables Fruit Choice or Juice Goldfish Milk Choice	Turkey Gravy or BBQ Chicken Leg Mashed Potatoes Caesar Salad Fruit Choice or Juice Dinner Roll w/margarine Milk Choice	Cheese Pizza or Soft Taco Refried Beans Lettuce & Tomato Fruit Choice or Juice Tortilla Chips Milk Choice	Fish Nuggets or Chicken Fries Green Beans Tator Tots Fruit Choice or Juice Milk Choice	Cheese Quesadilla or Chicken Sandwich Seasoned Corn Sweet Waffle Fry Fruit Choice or Juice Milk Choice
16 <sup>th</sup>	17 <sup>th</sup>	18 <sup>th</sup>	19 <sup>th</sup>	20 <sup>th</sup>
Corn Dog or Cheese Pizza Cheesy Broccoli Sliced Tomato Fruit Choice or Juice Milk Choice Pudding Cup	Toasted Cheese or Mini French Toast/Sausage Tri Tator Seasoned Peas Fruit Choice or Juice Milk Choice	Cheesy Breadstick w/marinara or Nachos w/meat & cheese Green Beans Cooked Baby Carrots Fruit Choice or Juice Milk Choice	Chicken Nuggets or Sausage Gravy Seasonal Vegetables Seasoned Corn Fruit Choice or Juice Biscuit Milk Choice	Sub Sandwich or Chicken Fries White Chicken Chili w/crackers Carrots w/dip Fruit Choice or Juice Milk Choice
23 <sup>rd</sup>	24 <sup>th</sup>	25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>
	Fall		Break	
30 <sup>th</sup>	31 <sup>st</sup>		Breakfast is offered daily in all buildings. Help prepare your child for a great day with breakfast, at home, or with us	<b>Please make sure current e-mail address is on file with the office in order to receive low/negative balance notifications.</b>
Cheese Quesadilla or Cheeseburger Cooked Carrots Green Beans Fruit Choice or Juice Milk Choice	Fried Chicken Leg or Chicken Nuggets Caesar Salad California Blend Fruit Choice or Juice Dinner Roll w/margarine Milk Choice			

Yogurt or EZJammer meal offered daily as alternate choice. Salad bar offered daily to 3<sup>rd</sup>-5<sup>th</sup> graders.  
Student Lunch \$2.05 \*Menu Subject to Change \*\$27.50 Service Charge for Returned Checks

***This institution is an equal opportunity provider.***