




**Epic Center**

**Lunch Menu**

**Rockdale County Schools**

**September 2022**

Breakfast \$ 1.20 Lunch \$ 2.35

Menu subject to change without notice	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>9/1/2022                      Chicken Tender Wrap                      Baked Chips                      Garden Salad                      Grape Tomatoes w/Dip                      Watermelon                      Fresh Orange                      Milk</p>	<p>9/2/2022                      Independent Learning Day</p>
<p><b>Daily Options:</b>                      PB &amp; J Basket                      Deli Plate</p>		<p>9/6/2022                      Beef or Chicken Nachos                      Mexican Rice                      Black Bean Salsa                      Corn                      Orange Wedges                      Grapes                      Milk</p>	<p>9/7/2022                      Corn Dog                      Tater Tots                      Green Beans                      Banana                      Mixed Fruit                      Chocolate Chip Cookie                      Milk</p>	<p>9/8/2022                      Pasta Bake                      Steamed Broccoli                      Homemade Wheat Roll                      Gold Rush Juice                      Apple                      Sliced Pears                      Milk</p>	<p>9/9/2022                      Chili Cheese Fries                      Grape Tomatoes w/ Dip                      Homemade Cinnamon Roll                      Fresh Pear                      Orange Wedges                      Milk</p>
	<p>9/12/2022                      Chicken Filet on Bun                      French Fries                      Sliced Cucumbers w/ Dip                      Fresh Strawberries                      Granny Smith Apple                      Milk</p>	<p>9/13/2023                      Spaghetti w/ Meat Sauce or                      Cheese Stick                      Garden Salad                      Corn                      Homemade Wheat Roll                      Watermelon                      Fresh Orange                      Milk</p>	<p>9/14/2022                      Orange Chicken                      Steamed Rice                      Steamed Broccoli                      Steamed Carrots                      Mixed Fruit                      Apple                      Milk</p>	<p>9/15/2022                      Country Fried Steak w/ Gravy                      Mashed Potatoes                      Green Beans                      Homemade Wheat Roll                      Sliced Peaches                      Fresh Plum                      Milk</p>	<p>9/16/2022                      Hot Dog on Bun                      French Fries                      Baked Beans                      Carrots w/ Dip                      Grapes                      Sliced Pears                      Milk</p>
	<p>9/19/2022                      Beef or Chicken Taco                      Fiesta Rice                      Black Bean Salsa                      Grape Tomatoes w/Dip                      Melon Medley                      Mixed Fruit                      Milk</p>	<p>9/20/2022                      Grilled Chicken                      w/ Italian Cheese Sauce                      Penne Pasta                      Steamed Broccoli                      Steamed Carrots                      Homemade Wheat Roll                      Fresh Strawberries                      Sliced Peaches                      Milk</p>	<p>9/21/2022                      Hamburger or Cheeseburger                      on Bun                      French Fries                      Celery Sticks w/ Dip                      Grapes                      Sliced Pears                      Milk</p>	<p>9/22/2022                      Chicken Tender Wrap                      Baked Chips                      Garden Salad                      Grape Tomatoes w/Dip                      Watermelon                      Fresh Orange                      Milk</p>	<p>9/23/2022                      BBQ Chicken Sandwich                      French Fries                      Carrots w/ Dip                      Fresh Pear                      Mixed Fruit                      Milk</p>
	<p>9/26/2022                      Kickin' Chicken Sandwich                      French Fries                      Garden Salad                      Carrots w/ Dip                      Sliced Peaches                      Apple                      Milk</p>	<p>9/27/2022                      Beef or Chicken Nachos                      Mexican Rice                      Black Bean Salsa                      Corn                      Orange Wedges                      Grapes                      Milk</p>	<p>9/28/2022                      Corn Dog                      Tater Tots                      Green Beans                      Banana                      Mixed Fruit                      Chocolate Chip Cookie                      Milk</p>	<p>9/29/2022                      Pasta Bake                      Steamed Broccoli                      Homemade Wheat Roll                      Gold Rush Juice                      Apple                      Sliced Pears                      Milk</p>	<p>9/30/2022                      Chili Cheese Fries                      Grape Tomatoes w/ Dip                      Homemade Cinnamon Roll                      Fresh Pear                      Orange Wedges                      Milk</p>
