




High School 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>Daily Options: PB & J Basket Salad Plate Deli Plate Homemade Pizza</p>		<p>9/6/2022 Beef or Chicken Nachos Mexican Rice Black Bean Salsa Corn Orange Wedges Grapes Milk</p>	<p>9/7/2022 Sliced Pork w/ Gravy Mashed Potatoes Peas Homemade Wheat Roll Banana Mixed Fruit Chocolate Chip Cookie Milk FF Corndog</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>9/13/2022 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 Pork or BBQ Chicken Sandwich or Fiesta Pizza 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 Sliced Pork w/ Gravy Mashed Potatoes Peas Homemade Wheat Roll Banana Mixed Fruit Chocolate Chip Cookie Milk FF Corndog</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>
	