




Middle School

Lunch Menu

Rockdale County Schools

September 2022

Breakfast \$1.20 Lunch \$2.30

Menu subject to change without notice	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>9/1/2022 BBQ Pork or Chicken Sandwich Carrots w/ Dip Baked Beans Fresh Pear Chocolate Chip Cookie 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 Jerk Chicken Homemade Wheat Roll Mashed Potatoes Garden Salad Banana Milk</p>	<p>9/7/2022 Chili Baked Potato Steamed Broccoli Green Beans Scoops Fresh Peach Milk</p>	<p>9/8/2022 Chicken over Rice Steamed Carrots Steamed Peas Sliced Pears Milk</p>	<p>9/9/2022 Beef & Cheese Nachos or Chicken & Cheese Nachos Black Bean Salsa Corn Grapes Milk</p>
	<p>9/12/2022 Chicken Filet on Bun Tater Tots Carrots w/ Dip Apple Milk</p>	<p>9/13/2022 Hot Dog on Bun Baked Beans Broccoli w/ Dip Sliced Peaches Milk</p>	<p>9/14/2022 Beef or Chicken Taco Seasoned Rice Corn Black Beans Orange Wedges Milk</p>	<p>9/15/2022 Chicken w/ Italian Cheese Sauce Penne Pasta Steamed Broccoli Steamed Carrots Fresh Strawberries Milk</p>	<p>9/16/2022 Cheeseburger on Bun French Fries Sliced Cucumber w/ Dip Granny Smith Apple Milk</p>
	<p>9/19/2022 Scrambled Eggs Sausage Biscuit Tater Tots Gold Rush Juice Peach Cup Milk</p>	<p>9/20/2022 Chicken Tenders Mashed Potatoes Green Beans Homemade Wheat Roll Watermelon Milk</p>	<p>9/21/2022 Spaghetti w/ Meat Sauce or Cheese Sticks w/ Marinara Garden Salad Corn Homemade Wheat Roll Apple Milk</p>	<p>9/22/2022 BBQ Pork or Chicken Sandwich Carrots w/ Dip Baked Beans Fresh Pear Chocolate Chip Cookie Milk</p>	<p>9/23/2022 Orange Chicken over Rice Steamed Broccoli Steamed Carrots Fresh Peach Milk</p>
	<p>9/26/2022 Corn Dog French Fries Grape Tomatoes w/ Dip Orange Wedges Milk</p>	<p>9/27/2022 Jerk Chicken Homemade Wheat Roll Mashed Potatoes Garden Salad Banana Milk</p>	<p>9/28/2022 Chili Baked Potato Steamed Broccoli Green Beans Scoops Fresh Peach Milk</p>	<p>9/29/2022 Chicken over Rice Steamed Carrots Steamed Peas Sliced Pears Milk</p>	<p>9/30/2022 Beef & Cheese Nachos or Chicken & Cheese Nachos Black Bean Salsa Corn Grapes Milk</p>
