Student full-paying-$1.75
Student Prepay per week-$8.75
Student Prepay thru October 28, 2010
$33.25
Student reduced-$.40
Student Prepay per week-$2.00
Student Prepay thru October 28, 2010
$7.60

OCTOBER 2010
LINVILLE LUNCH

Please find the information on Nutrition Nuggets on the Rockingham County website at: http://webfc.rockingham.k12.va.us/ Nutrition Nuggets

Monday	*Tuesday*	*Wednesday*	*Thursday*	*Friday*
4 **Chicken Fillet on Bun OR** ***Cheese Quesadilla*** **Lima Beans** **Applesauce** **Milk**	**5** **Stuffed Crust Cheese Pizza** ***OR Chef Salad w/Crackers*** **Fresh Cucumbers w/Dip** **Peaches** **Chocolate Pudding** **Milk**	**6** **BAG LUNCH** **Ham & Cheese Sandwich** **Sunchips** **Carrots** **Apple** **Milk**	**7** **BBQ Chicken OR** ***Corn Dog*** **Mashed Potatoes** **Spinach Salad** **WW Hot Roll** **Milk**	**8** **Soft Shell Taco w/Lettuce & Cheese** ***OR Ham & Cheese Sandwich*** **Sugar Baby Carrots** **Fresh Pear** **Jello** **Milk**
11 **Pizza Bites** ***OR Chicken Nuggets*** **Rotini Parmesan** **Cheesy Broccoli** **Fresh Apple** **Milk**	**12** **Hoagie OR** ***Hot Dog on Bun*** **Baked Beans** **Baby Carrots w/Dip** **Cookie** **Milk**	**13** **Chef Salad w/ Bread Stick** ***OR BBQ Pork on Bun*** **Green Beans** **Peaches** **Milk**	**14** **Rocktown Cheese Pizza** ***OR Chef Salad w/Crackers*** **Corn** **Fresh Banana** **Soft Pretzel** **Milk**	**15** **Nacho Scoops w/Cheese Chili** ***OR Turkey & Cheese on Bun*** **Baked Potato** **Strawberries** **Corn Bread** **Milk**
18 **Sausage, Egg & Cheese McMuffin OR** ***Hot Ham & Cheese McMuffin*** **Pancake/Syrup** **Orange Juice** **Baked Apples** **Milk** BREAKFAST FOR LUNCH	**19** **Chef Salad OR** ***Hot Turkey & Mozz. On Bun*** **Baked Beans** **WW Cinnamon Bread** **Fresh Kiwi** **Milk**	**20** **Spaghetti w/Meat Sauce & String Cheese** ***OR Chicken Tenders*** **Spinach Salad** **Bread Stick** **Peaches** **Milk**	**21** **Pepperoni Pizza OR** ***Chef Salad w/Crackers*** **Baked Sweet Potato** **Pears** **Milk**	**22** **Grilled Cheese Sandwich** ***OR Brd. Mozz. Cheese Sticks*** **Chicken Noodle Soup** **Crackers** **Fresh Veggies/Dip** **Fresh Orange** **Milk**
25 **Salisbury Steak OR** ***Chicken Grillas*** **Mashed Potatoes** **Green Beans** **WW Hot Roll** **Milk**	**26** **Chicken BBQ on Bun OR** ***Hamburger on Bun*** **Macaroni & Cheese** **Spinach** **Fresh Apple** **Milk**	**27** **Popcorn Chicken OR** ***Chef Salad*** **Rice Pilaf** **Cheesy Broccoli** **WW Cinnamon Bread** **Peaches** **Milk**	**Jack O' Lantern Bag** **28** **Harvest Hoagie** **Scoops w/ Tex Mix** **Scarrots/Dip** **Fall Fresh Pear** **Full Moon Milk**	

NATIONAL SCHOOL LUNCH WEEK

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MENUS SUBJECT TO CHANGE