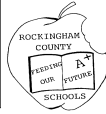


Student full-paying-\$.1.85  
 Student Prepay per week-\$9.25  
 Student Prepay thru February 3-\$42.55  
 Student reduced-\$.40  
 Student Prepay per week-\$2.00  
 Student Prepay thru February 3-\$9.20

# JANUARY 2012 HIGH LUNCH

Please find the information on  
 Fitness Teen on the  
 Rockingham County  
 website at: <http://webfc.rockingham.k12.va.us/Fitness Teen>



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Inclement Weather Menu**

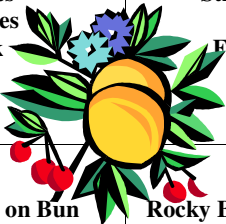
If school is delayed two hours, Please note lunch menus are Subject to change. If possible, all or part of the planned menu will be served, if not possible, Pizza may be the substitute entrée.

9  
 Breaded Mozz Sticks w/Sauce  
 OR Teriyaki Grilled Chicken on Bun  
 Rotini Parmesan  
 Green Beans  
 Baked Apples  
 Milk



16  
 Ravioli OR Chicken Enchilada  
 Green Beans  
 Hot Roll  
 Mixed Fruit  
 Milk

23  
 Chicken Fillet on Bun OR Rib-B-Que on Bun  
 Potato Wedges  
 Pickles  
 Peaches  
 Milk



30  
 Hamburger on Bun OR Spicy Chicken Fillet on Bun  
 Rocktown Fries  
 Lima Beans  
 Pears  
 Milk

3  
 Chicken Nuggets OR Beef Bites  
 Macaroni & Cheese  
 Spinach  
 Hot Roll  
 Peaches  
 Milk



10  
 Hot Dog on Bun OR Chicken Fajita  
 Baked Beans  
 Fresh Apple  
 Cinnamon Bread  
 Milk

17  
 Spicy Chicken Fillet on Bun OR Cheese Quesadilla  
 Tossed Salad  
 Crackers  
 Applesauce  
 Milk

24  
 Popcorn Chicken OR Egg Roll  
 Rice Pilaf  
 Stir Fry Veggies  
 Hot Roll  
 Fresh Orange  
 Milk

31  
 Rocky Baked Chicken OR Bean & Cheese Burrito  
 Mashed Potatoes  
 Cheesy Broccoli  
 Hot Roll  
 Milk



4  
 Cheese Quesadilla OR Chicken Caesar Wrap  
 Baked Sweet Potato  
 Lettuce & Tomato  
 Crackers  
 Fresh Kiwi  
 Milk

11  
 Cheeseburger on Bun OR Hot Turkey & Mozz on Bun  
 Rocktown Fries  
 Peaches  
 Milk

18  
 Chicken Tenders OR Turkey, Bacon & Cheese Wrap  
 Rice Pilaf  
 Sugar Baby Carrots  
 Cinnamon Bread  
 Fresh Apple  
 Milk

25  
 Bacon Cheeseburger on Bun OR Italian Turkey Wrap  
 Seasoned Tater Half  
 Fresh Veggies w/Dip  
 Pears  
 Milk

FEBRUARY 1  
 Stuffed Shells OR Ham & Cheese Wrap  
 Garden Salad/Crackers  
 Hot Roll  
 Mixed Fruit  
 Milk

5  
 Hoagie OR Steak & Cheese Gordito  
 Potato Wedges  
 Lettuce & Tomato  
 Fresh Orange  
 Half Milk

12  
 Spaghetti w/Meat Sauce & String Cheese OR Bean & Cheese Burrito  
 Fresh Veggies w/Dip  
 Bread Stick  
 Fresh Banana  
 Milk

19  
 Chicken Fajita OR Corn Dog  
 Sweet Tots  
 Veggie Tex Mix  
 Fresh Pear  
 Milk

26  
 Soft Shell Taco w/Lettuce & Cheese OR Hot Dog on Bun  
 Seasoned Tater Pieces  
 Baked Apples  
 Milk

2  
 BBQ Chicken Sandwich OR Corn Dog  
 Baked Beans  
 Cole Slaw  
 Fresh Apple  
 Milk

6  
 Soft Shell Taco w/Lettuce & Cheese OR Fish Fillet on Bun  
 Corn  
 Pears  
 Milk

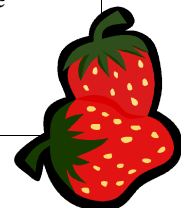


13  
 BBQ Chicken Thigh OR Beef Bites  
 Mashed Potatoes  
 Cheesy Broccoli  
 Hot Roll  
 Pineapple  
 Milk



27  
 Spaghetti w/Meat Sauce OR PBJ Sandwich  
 String Cheese  
 Tossed Salad w/Crackers  
 Bread Stick  
 Applesauce  
 Milk

3  
 Nacho Scoops w/ Cheese Sauce, Chili OR Chicken Loco Sandwich  
 Baked Potato  
 Strawberries  
 Milk



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