


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 MIDDLE SCHOOL LUNCH MENU

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
<p>Inclement Weather Menu</p> <p><i>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.</i></p>	<p>3 Chicken Nuggets <u>OR Beef Bites</u> Macaroni & Cheese Spinach Hot Roll Peaches Milk</p>	<p>4 Individual Round Pizza <u>OR Cheese Quesadilla</u> Garden Salad Applesauce Cookie Milk</p>	<p>5 Mozz. Chicken Melt on Bun <u>OR Hoagie</u> Lettuce/Tomato Salad Baked Sweet Potato Fresh Kiwi Milk</p>	<p>6 Turkey & Gravy OR <u>Salisbury Steak</u> Mashed Potatoes Green Beans Hot Roll Milk</p>
<p>9 Chicken Fillet on Bun <u>OR Rib-b-Que on Bun</u> Potato Wedges Sugar Baby Carrots Pineapple Milk</p>	<p>10 Hot Dog on Bun OR <u>Chicken Fajita</u> Baked Beans Fresh Apple Cinnamon Bread Milk</p>	<p>11 Hamburger on Bun OR <u>Hot Turkey & Mozz on Bun</u> Rotini Parmesan Green Beans Peaches Milk</p>	<p>12 BBQ Chicken Thigh OR <u>Cheese Maxi Sticks w/Sauce</u> Mashed Potatoes Green Peas Hot Roll Fresh Banana Milk</p>	<p>13 Grilled Cheese Sandwich <u>OR PBJ Sandwich</u> Chicken Noodle Soup Crackers Fresh Veggies/Dip Fresh Apple Sherbet Milk</p>
<p>16 Stuffed Shells OR <u>Corn Dog</u> Green Beans Hot Roll Baked Apples Milk</p>	<p>17 Rocktown Pizza OR <u>Turkey, Bacon & Cheese Wrap</u> Tossed Salad Crackers Fresh Orange Milk</p>	<p>18 Chicken Tenders OR <u>Salisbury Steak</u> Mashed Potatoes California Mixed Veggies Hot Roll Peaches Milk</p>	<p>19 Chicken Fajita OR <u>Hot Dog on Bun</u> Sweet Tots Green Peas Fresh Apple Milk</p>	
<p>23 Hamburger on Bun <u>OR Spicy Chicken Fillet on Bun</u> Rocktown Fries Pickles Pears Milk</p>	<p>24 Popcorn Chicken OR <u>Egg Roll</u> Rice Pilaf Stir Fry Veggies Hot Roll Fresh Orange Milk</p>	<p>25 Stuffed Crust Cheese Pizza <u>OR Italian Turkey Wrap</u> Fresh Veggies/Dip Mixed Fruit Milk</p>	<p>26 Soft Shell Taco w/Lettuce & Cheese OR <u>Corn Dog Nuggets</u> Seasoned Tater Pieces Veggie Tex Mix Baked Apples Milk</p>	<p>27 Spaghetti w/Meat Sauce OR <u>PBJ Sandwich</u> String Cheese Tossed Salad w/Crackers Bread Stick Strawberries Milk</p>
<p>30 Chicken Fillet on Bun OR <u>Cheeseburger on Bun</u> Potato Wedges Lima Beans Peaches Milk</p>	<p>31 Breaded Mozz. Cheese Sticks w/Sauce OR <u>Bean & Cheese Burrito</u> Chicken Tortilla Soup Garden Salad Fresh Pear Milk</p>	<p>FEBRUARY 1 Rocktown Pizza OR <u>Ham & Cheese Wrap</u> Green Peas Mixed Fruit Jell-O Milk</p>	<p>2 BBQ Chicken on Bun <u>OR Corn Dog</u> Baked Beans Cole Slaw Fresh Apple WW Sugar Cookie Milk</p>	<p>3 Nacho Scoops w/ Cheese Sauce, Chili OR <u>Chicken Loco Sandwich</u> Baked Potato Applesauce Milk</p>

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