

Student full-paying-\$1.85
 Student Prepay per week-\$9.25
 Student Prepay thru March 2—\$35.15
 Student reduced-\$.40
 Student Prepay per week-\$2.00
 Student Prepay thru March 2—\$7.60

FEBRUARY 2012 MIDDLE SCHOOL LUNCH MENU

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


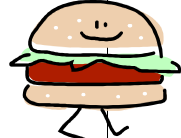

Monday

Tuesday

Wednesday

Thursday

Friday

6 Chicken Nuggets OR <u>Beef Bites</u> Macaroni & Cheese Spinach Hot Roll Peaches Milk	7 Individual Round Pizza OR <u>Hoagie</u> Lettuce/Tomato Salad Baked Beans Fresh Kiwi Milk	8 Soft Shell Taco w/Lettuce & Cheese OR <u>Oven Roasted Chicken</u> Corn Hot Roll Fresh Fruit Milk	9 Turkey & Gravy OR <u>Salisbury Steak</u> Mashed Potatoes Green Beans Hot Roll Dried Mixed Fruit Milk	10 NO SCHOOL New This Year Café PrePay Check your child's meal account balance on line or use a credit card to pay your child's meal account on line. Please visit www:CafePrePay.com to sign up or call the Food and Nutrition Services Office 540-434-7783
13 Spicy Chicken Fillet on Bun <u>OR PBJ w/String Cheese</u> Rocktown Fries Sugar Baby Carrots Raisins Milk 	14 Hot Dog on Bun OR <u>Chicken Fajita</u> Baked Beans Fresh Apple Milk	15 Cheeseburger on Bun OR <u>Hot Turkey & Mozz on Bun</u> Rotini Parmesan Green Beans Peaches Milk 	16 Spaghetti w/Meat Sauce OR <u>Chicken Salad Sandwich</u> Fresh Veggies w/Dip Cheesy Bread Stick Fresh Banana Milk	17 Brd Mozz. Sticks w/Sauce <u>OR Bean & Cheese Burrito</u> Chicken Tortilla Soup w/ Scoops Garden Salad Strawberries Milk
20 Stuffed Shells OR <u>Chicken Primavera</u> Green Beans Hot Roll Mixed Fruit Milk	21 Rocktown Pizza OR <u>Turkey, Bacon & Cheese Wrap</u> Tossed Salad Crackers Applesauce Milk	22 Grilled Cheese Sandwich OR <u>Cheese Maxi Stick w/ Sauce</u> Chicken Noodle Soup Crackers Fresh Veggies/Dip Fresh Apple Juice Bar Milk	BREAKFAST FOR LUNCH 23 Scrambled Eggs OR <u>Yogurt w/String Cheese</u> 3-Pancakes w/Syrup Seasoned Tater Pieces Baked Apples Milk 	24 Oven Roasted Chicken OR <u>Salisbury Steak</u> Mashed Potatoes Cheesy Broccoli Hot Roll Pears Milk
27 Chicken Fillet on Bun OR <u>Rib-B-Que on Bun</u> Potato Wedges Lima Beans Dried Mixed Fruit Milk	28 Chicken Fajita OR <u>Hot Dog on Bun</u> Sweet Tots Green Beans Fresh Apple Milk	29 Stuffed Crust Cheese Pizza <u>OR Italian Turkey Wrap</u> Fresh Veggies/Dip Strawberries Milk	March 1 Popcorn Chicken OR <u>Egg Roll</u> Rice Pilaf Stir Fry Veggies Hot Roll Fresh Orange Milk	2 BBQ Chicken on Bun OR <u>PBJ Sandwich w/String Cheese</u> Rocktown Fries Cole Slaw Applesauce Milk

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 MENUS SUBJECT TO CHANGE