

ROCKBRIDGE COUNTY PUBLIC SCHOOLS
****REVISED MENU FOR IN-PERSON MEALS AND DIGITAL LEARNING MEALS ***REVISE!**
SEPTEMBER 8, 2020 - OCTOBER 2, 2020

MAURY RIVER MIDDLE SCHOOL ONLY

A COMPLETE LUNCH INCLUDES 1 PROTEIN/GRAIN ENTRÉE, 1 SERVING OF FRUIT, 1 OR 2 SERVINGS OF VEGETABLES & ONE-HALF PINT MILK.
 STUDENTS MAY SELECT LESS FOOD BUT MUST CHOOSE AT LEAST 1/2 CUP OF FRUIT OR VEGETABLE WITH LUNCH EVERYDAY.

A COMPLETE BREAKFAST INCLUDES: 2 OZ. GRAIN OR 2 OZ. GRAIN AND MEAT/MEAT ALTERNATE, 1 CUP FRUIT AND MILK. CHOOSE 3 OR 4 ITEMS.
 BREAKFAST MUST INCLUDE AT LEAST 1/2 CUP FRUIT OR 1/2 CUP 100% FRUIT JUICE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER. BREAKFAST PRICE \$1.20 ***MENUS ARE SUBJECT TO CHANGE DUE TO SUPPLY AVAILABILITY*** Lunch Price \$2.30 Elem and /\$2.55 MRMS & RCHS Reduced Price \$0.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 2 September 7  NO SCHOOL Happy Labor Day!!	8 Breakfast BREAKFAST PIZZA FRUIT AND 100% JUICE CHOICE OF MILK Lunch CHICKEN PATTY ON BUN FRENCH FRIES FRUIT ASSORTMENT CHOICE OF MILK	9 DIGITAL LEARNING DAY Breakfast CEREAL W/BISCUIT FRUIT AND 100% JUICE CHOICE OF MILK Lunch BAKED CHICKEN W/ROLL CARROTS W/DIP FRUIT ASSORTMENT CHOICE OF MILK	10 Breakfast PANCAKES FRUIT AND 100% JUICE CHOICE OF MILK Lunch PEPPERONI PIZZA SWEET POTATO FRIES FRUIT ASSORTMENT CHOICE OF MILK	11 Breakfast MUFFIN & CHEESE STICK FRUIT AND 100% JUICE CHOICE OF MILK Lunch CHEESEBURGER ON BUN TOMATO CUP FRUIT ASSORTMENT CHOICE OF MILK
WEEK 2 September 14 Breakfast CHICKEN BISCUIT FRUIT AND 100% JUICE CHOICE OF MILK Lunch HOT DOG ON BUN SWEET POTATO TOTS GREEN BEANS FRUIT ASSORTMENT CHOICE OF MILK	15 Breakfast FRUDEL FRUIT AND 100% JUICE CHOICE OF MILK Lunch FRENCH TOAST & SAUSAGE HASH BROWN POTATO PATTY TOMATOES FRUIT ASSORTMENT CHOICE OF MILK	16 DIGITAL LEARNING DAY Breakfast PANCAKES FRUIT AND 100% JUICE CHOICE OF MILK Lunch CHICKEN TENDERS W/ROLL SALAD FRUIT ASSORTMENT CHOICE OF MILK	17 Breakfast WAFFLE FRUIT AND 100% JUICE CHOICE OF MILK Lunch TACO BOWL W/SCOOPS SALSA & CHEESE CORN FRUIT ASSORTMENT CHOICE OF MILK	18 Breakfast CEREAL FRUIT AND 100% JUICE CHOICE OF MILK Lunch HAMBURGER ON BUN CARROTS-DIP OPTIONAL FRUIT ASSORTMENT CHOICE OF MILK
WEEK 3 SEPTEMBER 21 Breakfast CINNAMON BUN FRUIT AND 100% JUICE CHOICE OF MILK Lunch CHEESE FILLED BREAD STICK W/SAUCE BROCCOLI FRUIT ASSORTMENT CHOICE OF MILK	22 Breakfast SAUSAGE BISCUIT FRUIT AND 100% JUICE CHOICE OF MILK Lunch CHICKEN AND CHEESE QUESADILLA SEASONED CORN FRUIT ASSORTMENT CHOICE OF MILK	23 DIGITAL LEARNING DAY Breakfast BREAKFAST PIZZA FRUIT AND 100% JUICE CHOICE OF MILK Lunch LASAGNA BREADSTICK GREEN BEANS FRUIT ASSORTMENT CHOICE OF MILK	24 Breakfast PANCAKE ON STICK FRUIT AND 100% JUICE CHOICE OF MILK Lunch CORN DOG NUGGETS TOMATO CUP FRUIT ASSORTMENT CHOICE OF MILK	25 Breakfast FRENCH TOAST FRUIT AND 100% JUICE CHOICE OF MILK Lunch SAUSAGE BISCUIT MAC & CHEESE CUCUMBER WEDGES FRUIT ASSORTMENT CHOICE OF MILK COOKIE
WEEK 4 SEPTEMBER 28 Breakfast MUFFIN & YOGURT FRUIT AND 100% JUICE CHOICE OF MILK Lunch POPCORN CHICKEN MASHED POTATOES BROCCOLI FRUIT ASSORTMENT CHOICE OF MILK	29 Breakfast CEREAL FRUIT AND 100% JUICE CHOICE OF MILK Lunch CHICKEN NUGGETS W/ROLL CORN TOMATO CUP FRUIT ASSORTMENT CHOICE OF MILK	30 DIGITAL LEARNING DAY Breakfast CINNAMON BUN FRUIT AND 100% JUICE CHOICE OF MILK Lunch HOT DOG ON BUN BAKED BEANS FRUIT ASSORTMENT CHOICE OF MILK COOKIE	OCTOBER 1 Breakfast EGG & CHEESE BISCUIT FRUIT AND 100% JUICE CHOICE OF MILK Lunch GRILLED CHEESE ROMAINE SALAD FRUIT ASSORTMENT CHOICE OF MILK	2 Breakfast FRUDEL FRUIT AND 100% JUICE CHOICE OF MILK Lunch CHEESE PIZZA GREEN BEANS CARROTS-DIP OPTIONAL FRUIT ASSORTMENT CHOICE OF MILK