

ROCKWALL ISD

JAN MENU 2024

BIG BEND STATE PARK



ANNOUNCEMENTS:

- All meals include choice of milk

MONDAY

1ST

HAPPY NEW YEAR!

TUESDAY

2ND

NO SCHOOL

WEDNESDAY

3RD Chicken Smackers
w/Roll

Yogurt & Cheese Lunch
Mashed Potatoes
Steamed Broccoli
Diced Pear Cup

THURSDAY

4TH Steak Fingers

Cheezy Tex Mex Macaroni
Mixed Vegetables
Veggie Dunkers
Pineapple Tidbits

FRIDAY

5TH Cheeseburger

Cheezy Garlic Bread
Hamburger
Marinara
Crinkle Cut Fries
Fresh Sliced Apples

8TH Spicy Chix. Sandwich
Country Style Chix. Sand.
Mozzarella Cheese Sticks
Marinara
Crinkle Cut Fries
Sandwich Salad
Mandarin Oranges

9TH Pulled Pork Sandwich
Cheezy Nachos w/Taco
Meat
Refried Beans
Jalapeno Corn
Fresh Sliced Apples

10TH Chicken Quesadilla
Crispy Chicken Nugget
Wedge Potatoes
Veggie Dunkers
Fresh Banana

11TH Steak Sandwich
Chicken Alfredo w/Roll
Fresh Baby Carrots
Steamed Broccoli
Strawberry Banana
Applesauce Cup

12TH Chicken Drumstick
Jumbo Cheese Ravioli
Honey Wheat Breadstick
Mashed Potatoes
Steamed Spinach
Peaches

15TH

NO SCHOOL

16TH Cheese Enchiladas
Steak Fingers w/Roll
Carrot & Celery Sticks
Refried Beans
Citrus Salad

17TH Meatball Sub
Chicken Smackers w/Roll
Mashed Potatoes
Steamed Broccoli
Fresh Banana

18TH Loaded Baked Potato
Turkey Chili
Cornbread Mini Loaf
Fresh Baby Carrots
Savory Green Beans
Strawberry Banana
Applesauce Cup

19TH Cheeseburger
Hamburger
Yogurt & Cheese Lunch
Crinkle Cut Fries
Sandwich Salad
Fresh Sliced Apples

22ND Chicken and Waffle
French Bread Pep. Pizza
Garlic Bread Cheese Pizza
Fresh Broccoli Florets
Seasoned Carrot Coins
Fresh Sliced Apples

23RD Frito Pie
Hot Dog on Bun
Ranch Style Beans
Veggie Dunkers
Berry Mix

24TH Crispy Chix Nugget
Spaghetti and Meat Sauce
Honey Wheat Breadstick
Mashed Potatoes
Mixed Vegetables
Fresh Banana

25TH Italian Stromboli
Mini Chicken Corndogs
Fresh Baby Carrots
Whole Kernel Corn
Fresh Grapes

26TH Yogurt/Cheese Lunch
Chick. Drumstick w/Biscuit
Mashed Potatoes
Savory Green Beans
Red Delicious Apple

29TH Cheese Pizza
Orange Chicken with
Rice
Pepperoni Pizza
Fresh Baby Carrots
Fresh Orange

30TH Soft Beef Tacos
Turkey/Cheese Croissant
Sandwich
Refried Beans
Shredded Lettuce/Tomato
Citrus Salad

31ST Chicken Smackers
w/Roll
Yogurt & Cheese Lunch
Mashed Potatoes
Steamed Broccoli
Diced Pear Cup



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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Food and Nutrition Division
National School Lunch Program



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www.SquareMeals.org