

OCTOBER | 2023

Rootstown Middle & High Lunch Menu



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>2</p> <p>Turkey Roll-Up Sloppy Joe Sandwich Potato Patty Coleslaw Watermelon Chunks Milk</p>	<p>3</p> <p>Chicken Patty Sandwich Cheese Quesadilla Romaine Salad/Tomatoes Seasoned Curly Fries Diced Pears Milk</p>	<p>4</p> <p>Chicken Nuggets/Roll Fish Sandwich Scalloped Potatoes Green Beans Diced Peaches Milk</p>	<p>5</p> <p>Nacho Bellegrande/Salsa Chicken Enchilada/Rice Southwestern Bean Salad Steamed Corn Apple Crisp Milk</p>	<p>6</p> <p>Domino's Pizza Cook's Choice Romaine Salad/Tomatoes Sweet Red Pepper Strips Cinnamon Applesauce Milk</p>
<p>9</p> <p>Cheeseburger/Bun Baked Potato/Toppings Steamed Broccoli Chicken Noodle Soup Pineapple Tidbits Milk</p>	<p>10</p> <p>Cheese Dunkers/Sauce Italian Deli Wrap Seasoned Curly Fries Carrots & Celery Red Seedless Grapes Milk</p>	<p>11</p> <p>Chicken Tenders/Roll Turkey Sandwich Hash Brown Casserole Mixed Vegetables Apple Milk</p>	<p>12</p> <p>Stuffed Crust Pizza Cook's Choice Vegetable Soup Romaine Salad/Tomatoes Cinnamon Applesauce Milk</p>	<p>13</p> <p>No School NEOEA Day</p>
<p>16</p> <p>Macaroni & Cheese Pulled Pork Sandwich Romaine Salad/Tomatoes Steamed Peas Diced Peaches Milk</p>	<p>17</p> <p>French Toast/Sausage Breakfast Sandwich Roasted Potatoes Fruit Juice Orange Wedges Milk</p>	<p>18</p> <p>Chicken Patty Sandwich Italian Pepperoni Calzone Romaine Salad/Tomatoes Cucumber Slices/Dip Mixed Fruit Milk</p>	<p>19</p> <p>Cook's Choice Rover Sub Seasoned Curly Fries Baked Beans Watermelon Chunks Milk</p>	<p>20</p> <p>Domino's Pizza Cook's Choice Broccoli Rice & Cheese Baby Carrots/Dip Cinnamon Applesauce Milk</p>
<p>23</p> <p>Walking Taco/Salsa Chicken Quesadilla/Salsa Refried Beans Steamed Corn Apple Milk</p>	<p>24</p> <p>Popcorn Chicken/Roll BBQ Rib Sandwich Cheddar Mashed Potatoes Mixed Vegetables Diced Peaches Milk</p>	<p>25</p> <p>Corn Dog Ham & Cheese Sandwich Seasoned Curly Fries Tomato Soup Red Seedless Grapes Milk</p>	<p>26</p> <p>Cheeseburger/Bun Crispy Chicken Salad Potato Wedges Broccoli Florets/Dip Mandarin Oranges Milk</p>	<p>27</p> <p>Domino's Pizza Cook's Choice Vegetable Soup Romaine Salad/Tomatoes Cinnamon Applesauce Milk</p>
<p>30</p> <p>Spaghetti/Breadstick Meatball Sub Romaine Salad/Tomatoes Green Beans Pineapple Tidbits Milk</p>	<p>31</p> <p>Cheese Dunkers/Sauce Rover Sub Pasta Salad Carrots & Celery Diced Pears Milk</p>	<p>1</p>	<p>2</p>	<p>3</p>

News

Lunch - \$3.00
Reduced - Charge Waived

All school lunches include proteins, whole grains, fruits, vegetables and milk.

Choice of 1 Main Dish
Choice of 2 Vegetables
Choice of 1 Fruit
HS - Choice of 2 Fruit
Choice of 1% or Fat Free Milk

Jr. Chef Salad/Croutons served Monday-Thursday

Please make sure to fill out the free and reduced application. It must be approved each school year. If no application is turned in and approved by October 11th meals will cost full price.

Menu Subject to Change

This institution is an equal opportunity provider.