

Middle Menu for March 2017

Rockingham County Schools

All menus are subject to change without notice due to weather, calendar changes and/or product availability

“USDA is an equal opportunity provider and employer.”

Wentworth
Cafeteria

Lindy P.
Aretha P.
Joyce T.
Amanda C.
Donna S.

Rockin' Ladies!



Meal Prices

Breakfast

CEP Schools - No Cost
NON- CEP Schools - \$2.00
Adults - \$ 2.30

Lunch

CEP Schools - No Cost
NON-CEP Schools -\$3.00
Adults - \$ 3.75

Milk Served daily with
breakfast & lunch

Items Served Daily

Chef Salad
PB & J Sandwich

* Carbohydrates are listed in
parenthesis *

Wednesday March 1

BREAKFAST

Chicken Biscuit (27)
Cereal (22-25) w/ Grahams
(21)
Applesauce Cup (14)
Juice (13-19)
Choice of Milk

LUNCH

Pizza Slice (35)
Corn Dogs (30)
California Blend (6)
Black Eyed Peas (22)
Applesauce Cup (14)
Orange Wedges (18)

Thursday March 2

BREAKFAST

Cereal Bar (23-28)
PB & J (35)
Strawberry Cups (22)
Juice (13-19)
Choice of Milk

LUNCH

Chicken Fajita Tacos (48)
Rib B Que on Bun (38)
Tossed Salad
Refried Beans (23)
Strawberry Cups (22)
Fresh Grapes (15)

Friday March 3

BREAKFAST

Steak Biscuit (27)
Cereal (22-25)
w/ Cheese Stick
Peach Cups (14)
Juice (13-19)
Choice of Milk

LUNCH

Chicken Fillet on bun (36)
Cheeseburger on a bun (29)
Baked Fries (24)
Baked Beans (29)
Peach Cups (14)
Fresh Bananas (29)

Monday March 6

BREAKFAST

Mini Cinni (39)
Cereal (22-25) w/ Cheese
Strawberry Cup (22)
Juice (13-19)
Choice of Milk

LUNCH

Pizza Slice (35)
Teriyaki Bites (6)
Baked Roll (15)
Green Peas (12)
California Blend (6)
Strawberry Cup (22)
Fresh Apples (19)

Tuesday March 7

BREAKFAST

Steak Biscuit (27)
PB & J (35)
Peach Cups (14)
Juice (13-19)
Choice of Milk

LUNCH

Chicken Nuggets (9)
Baked Roll (15)
Tacos (23) w. Salsa
Steamed Broccoli (6)
Black Eyed Peas (22)
Peach Cups (14)
Orange Wedges (18)

Wednesday March 8

BREAKFAST

Cherry Strudel (37)
Cereal (22-25) w/ Grahams
(21)
Applesauce Cup (14)
Juice (13-19)
Choice of Milk

LUNCH

Pizza Slice (35)
Hotdog on Bun (29) w.
Chili (2)
Cole Slaw (15)
Pinto Beans (22)
Applesauce Cups (14)
Fresh Pears (21)

Thursday March 9

BREAKFAST

Sausage Biscuit (27)
PB & J (35)
Mixed Fruit (15)
Juice (13-19)
Choice of Milk

LUNCH

Cheeseburger on Bun (29)
Quesadilla (38) w. Salsa
Tossed Salad
Corn (16)
Mixed Fruit (15)
Fresh Grapes (15)

Friday March 10

BREAKFAST

Cereal Bar (23-28)
Cereal (22-25) w/ Grahams
(21)
Strawberry Cup (22)
Juice (13-19)
Choice of Milk

LUNCH

Ham & Turkey Sub (23)
Chicken Fillet on Bun
(36)
Baked Beans (29)
Lettuce/Tomato
Strawberry Cups (22)
Fresh Bananas (29)



Monday March 13

BREAKFAST

Pop Tart (27)
Cereal (22-25) w/ Cheese
Peach Cups (14)
Juice (13-19)
Choice of Milk

LUNCH

Pizza Slice (35)
Chicken Fajita Tacos (48)
Green Beans (8)
Steamed Carrots (7)
Peach Cups (14)
Fresh Pears (21)

Tuesday March 14

BREAKFAST

Super Donut (38)
PB & J (35)
Strawberry Cups (22)
Juice (13-19)
Choice of Milk

LUNCH

Mac & Cheese (31)
Baked Roll (15)
Spaghetti (46) & Texas
Toast (15)
Steamed Broccoli (6)
Sweet Potatoes (63)
Strawberry Cups (22)
Fresh Apples (19)

Wed. March 15

BREAKFAST

Chicken Biscuit (27)
Cereal (22-25) w/ Grahams
(21)
Applesauce Cups (14)
Juice (13-19)
Choice of Milk

LUNCH

Pizza Slice (35)
BBQ Sandwich on Bun (35)
Cheesy Spinach (10)
Corn (16)
Applesauce Cups (14)
Orange Wedges (18)

Thursday March 16

BREAKFAST

Apple Strudel (36)
PB & J (35)
Peach Cups (14)
Juice (13-19)
Choice of Milk

LUNCH

Tacos (23) w. Salsa
Quesadilla (38) w. Salsa
Lettuce/Tomato
Refried Beans (23)
Peach Cups (14)
Fresh Grapes (15)

Friday March 17

BREAKFAST

Steak Biscuit (27)
Cereal (22-25) w/ Grahams
(21)
Applesauce Cup (14)
Juice (13-19)
Choice of Milk

LUNCH

Rib-B-Que w. Bun (38)
Chicken Fillet w. Bun (36)
Lettuce/Tomato
Baked Fries (24)
Applesauce Cup (14)
Fresh Bananas (29)

Monday March 20

BREAKFAST

Mini Pancakes (34-48)
Cereal (22-25) w/ Grahams
(21)
Strawberry Cups (22)
Juice (13-19)
Choice of Milk

LUNCH

Pizza Slice (35)
Ham & Turkey Sub (23)
Baked Fries (24)
Steamed Broccoli (6)
Strawberry Cups (22)
Fresh Apples (19)

Tuesday March 21

BREAKFAST

Chicken Biscuit (27)
PB & J (35)
Peach Cups (14)
Juice (13-19)
Choice of Milk

LUNCH

Oven Roasted Chicken (12)
Baked Roll (15)
Meatloaf (8)
Mashed Potatoes (13)
Pinto Beans (22)
Peach Cups (14)
Orange Wedges (18)

Wed. March 22

BREAKFAST

Waffle (41-44)
Cereal (22-25) w/ Cheese
Applesauce Cup (14)
Juice (13-19)
Choice of Milk

LUNCH

Pizza Slice (35)
Teriyaki Bites (6) w. Baked
Roll (15)
Green Beans (8)
Steamed Carrots (7)
Applesauce Cup (14)
Fresh Pears (21)

Thursday March 23

Teacher
Workday

Friday March 24

Teacher
Workday

Monday March 27

BREAKFAST

Poptart (27)
Cereal (22-25) w/ Grahams
(21)
Applesauce Cups (14)
Juice (13-19)
Choice of Milk

LUNCH

Pizza Slice (35)
Chicken Fajita Tacos (48)
Refried Beans (23)
Steamed Carrots (7)
Applesauce Cups (14)
Orange Wedges (18)

Tuesday March 28

BREAKFAST

Super Donut (38)
PB & J (35)
Strawberry Cups (22)
Juice (13-19)
Choice of Milk

LUNCH

Chicken Nuggets (9) w.
Roll (15)
Quesadilla (38) w. Salsa
Steamed Broccoli (6)
Corn (16)
Strawberry Cups (22)
Fresh Apples (19)

Wed. March 29

BREAKFAST

Chicken Biscuit (27)
Cereal (22-25) w/ Grahams
(21)
Applesauce Cups (14)
Juice (13-19)
Choice of Milk

LUNCH

Pizza Slice (35)
Rib B Que on Bun (38)
Tossed Salad
Black Eyed Peas (22)
Applesauce Cups (14)
Orange Wedges (18)

Thursday March 30

BREAKFAST

Cereal Bar (23-28)
PB & J (35)
Peach Cups (14)
Juice (13-19)
Choice of Milk

LUNCH

BBQ Sandwich on Bun
(35)
Ham & Turkey Sub (23)
Lettuce/Tomato
California Blend (6)
Peach Cups (14)
Fresh Grapes (15)

Friday March 31

BREAKFAST

Steak Biscuit (27)
Cereal (22-25) w/ Grahams
(21)
Strawberry Cups (22)
Juice (13-19)
Choice of Milk

LUNCH

Chicken Fillet w. Bun (36)
Cheeseburger w. Bun (29)
Baked Fries (24)
Baked Beans (29)
Strawberry Cups (22)
Fresh Bananas (29)

Facts about Child Nutrition

**Healthy Eating Tip:
Teach Kids About Portions**

In this world of supersized portions, teaching your kids about serving sizes by comparing them to everyday objects can help prevent them from eating more than they need, and maintain a healthy weight. It's a good tool for you to use, too!

2 1/2 ounces meat: size/thickness of a deck of cards

Medium piece of fruit: a tennis ball

1 ounce of cheese: 4 stacked dice

1/2 cup ice cream: tennis ball

1/2 cup rice, pasta, mashed potatoes or broccoli: about the size of a fist

1 tsp peanut butter: the tip of your thumb

1 ounce of nuts : one handful

Source: 'Seven Ways to Size Up Your Servings,' National Dairy Council®, 1996

Visit our website at:
<http://www.rock.k12.nc.us/childnutrition>