





St Rocco Lunch Menu - September



A variety of fresh, local vegetables and salads will be offered daily.

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| | Any questions, please contact the Director of Dining Services, Erin Shoemaker at @compass-usa.com | 31 Chicken Patty Sandwich French Fries | 1 Cheeseburger Roasted Local Potato | 2 Cheese Pizza Roasted Local Green Beans |
| 5 | 6 Chicken Patty & Cheese Sandwich Curly Fries | 7 Sloppy Joe Roasted Local Summer Squash | 8 General Tso's Chicken Brown Rice Roasted Local Broccoli | 9 National Pizza Day Pepperoni Pizza Marinated Local Tomatoes & Local Cucumber Salad |
| 12 Orange Chicken Stir Fry Asian Brown Rice Roasted Sesame Local Green Beans | 13 Chicken Tenders French Fries | 14 Chicken Teriyaki Noodle Bowl | 15 Roast Pork & Gravy Local Corn on the Cob Herb Roasted Local Potato Wedges | 16 Cheese Pizza Sesame Soy Roasted Local Carrots |
| 19 Chicken Parmesan Sandwich Baked Fries | 20 Macaroni & Cheese Roasted Local Broccoli Dinner Roll | 21  Local Fish Sticks Cilantro Lime Rice Black Bean Salad |  22 Grilled Cheese Sandwich Roasted Local Green Beans | 23 Pepperoni Pizza Roasted Local Zucchini & Summer Squash Chips |
| 26 Breakfast for Lunch French Toast Sticks Local Home Fried Potatoes Chicken Sausage Breakfast Syrup | 27 Beef Taco Shredded Cheddar Shredded Lettuce, Diced Tomato Corn & Black Bean Salsa | 28 Bacon Cheeseburger Garlic Parmesan Roasted Local Sweet Potatoes | 29 Roasted Turkey with Gravy Homemade Mashed Potatoes Roasted Local Green Beans Dinner Roll | 30 IL/PD |

Daily Alternate Options:

- 9/1 & 9/2: Grilled Cheese Sandwich
Yogurt Fun Lunch
- 9/6-9/9: Chicken Nuggets
Nacho Fun Lunch
- 9/12-9/16: Turkey Hot Dog
Cereal Fun Lunch
- 9/19-9/23: Hamburger or Cheeseburger
Ham, Cheese & Grape Fun Lunch
- 9/26-9/30: Grilled Cheese Sandwich
Pizza Bagel Fun Lunch

Extra Extra

- 9/1 & 9/2: Local Raspberries, Cantaloupe, Red/Green Grapes, Local Cucumbers, Baby Carrots, Roasted Local Green Beans (Friday)
- 9/6-9/9: Local Watermelon, Apples, Orange Wedges, Local Red/Green Pepper Strips, Local Grape Tomatoes, Marinated Tomato & Cucumber Salad (Friday)
- 9/12-9/16: Local Peaches, Local Apples, Bananas, Local Yellow Squash Matchsticks, Local Broccoli Florets, Local Sesame Soy Roasted Local Carrots (Friday)
- 9/19-9/23: Local Nectarines, Local Apples, Local Pears, Celery Sticks, Baby Carrots, Roasted Local Zucchini & Summer Squash Chips (Friday)
- 9/26-9/30: Local Apples, Local Pears, Orange Wedges, Local Red/Green Pepper Strips, Local Cucumber Slices, Roasted Local Broccoli (Friday)

All items are made with whole grains.
All meals are served with a variety of fruits and vegetables, local when available.
All meals are served with milk (1% low fat white or fat free chocolate.)
Menu is subject to change.
This institution is an equal opportunity provider.