

Rolling Hills Grades k-5

Lunch October 2024

Food Service Director: Megan Matlock
megan.matlock@rollinghills.k12.oh.us
740.685.8365 ext. 3016



MENUS SUBJECT TO CHANGE

What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

- Choice of Meat/Meat Alternate
- Choice of Vegetable, Choice of Fruit*
- Choice of Grain and Choice of Milk

**Students must choose at least one fruit or vegetable*

Lunch is FREE!

Daily additional meal options may include:
Wow-Butter & Jelly Sandwiches

Fresh Fruits and Vegetables

*Vegetables may include:
Broccoli Florets
Baby Carrots
Dark Leafy Greens
Cauliflower
Celery
Red/Green Peppers
Cucumber

*Fruits may include:
Crisp Apple
Fresh Orange
Banana
Apple Slices
Grapes
Blueberries
Strawberries

*May choose two 1/2 cup serving

Offered Daily

Fruit/Veggie Side: \$1.00

Milk Choices Offered Daily
Fat Free Chocolate & Low Fat White
Extra Milk: \$.65

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	Homestyle Entrée': Mini Blueberry Pancakes Hot Vegetable: Steamed Cauliflower Fruit: Applesauce Fan Favorite: Egg & Cheese Biscuit	Homestyle Entrée': Pepperoni Pinwheel Hot Vegetable: Steamed Carrots Fruit: Strawberry Applesauce Fan Favorite: Turkey Munchable	Homestyle Entrée': Chicken Nuggets Hot Vegetable: French Fries Fruit: Diced Pears Fan Favorite: Cheeseburger	Homestyle Entrée': Chicken Totchos Bowl Hot Vegetable: Steamed Corn Fruit: Pineapple Fan Favorite: Hot Ham & Cheese Sandwich	Homestyle Entrée': Pepperoni & Cheese Pizza Hot Vegetable: Steamed Green Beans Fruit: Mandarin Oranges Fan Favorite: Bologna Munchable
7	Homestyle Entrée': Salisbury Steak Hot Vegetable: Mashed Potatoes Fruit: Diced Peaches Fan Favorite: Turkey, Bacon, Cheese Panini	Homestyle Entrée': Walking Taco Hot Vegetable: Garbanzo Beans Fruit: Diced Pears Fan Favorite: Nacho Munchable	Homestyle Entrée': Grilled Cheese w/ Tomato Soup Hot Vegetable: Mixed Vegetables Fruit: Pineapple Fan Favorite: Chicken Patty	Homestyle Entrée': Macaroni & Cheese Hot Vegetable: Steamed Broccoli Fruit: Mandarin Oranges Fan Favorite: Fish Sticks	Homestyle Entrée': Pepperoni & Cheese Pizza Hot Vegetable: Steamed Cauliflower Fruit: Applesauce Fan Favorite: Corn Dog Nuggets
14	Homestyle Entrée': BBQ Chicken Dunkers Hot Vegetable: Tater Tots Fruit: Strawberry Applesauce Fan Favorite: Cheeseburger	Homestyle Entrée': Beef & Cheese Loaded Fries Hot Vegetable: Steamed Green Beans Fruit: Pineapple Fan Favorite: Chicken Nuggets	Homestyle Entrée': Fish Sandwich Vegetable: Steamed Carrots Fruit: Diced Pears Fan Favorite: Italian Hoagie	Homestyle Entrée': Pizza Pasta Bake Hot Vegetable: Lima Beans Fruit: Mandarin Oranges Fan Favorite: Dunkers Munchable	Homestyle Entrée': Pepperoni & Cheese Pizza Hot Vegetable: Steamed Corn Fruit: Diced Peaches Fan Favorite: Hot Dog
21	Homestyle Entrée': Hot Turkey Sandwich w Gravy Hot Vegetable: Steamed Broccoli Fruit: Mixed Fruit Fan Favorite: Ham Munchable	Homestyle Entrée': Popcorn Chicken w Rice Hot Vegetable: Mixed Vegetables Fruit: Applesauce Fan Favorite: French Bread Pizza	Homestyle Entrée': Chicken Nuggets w/Buttered Noodles Hot Vegetable: Steamed Green Beans Fruit: Diced Peaches Fan Favorite: Cheeseburger	Homestyle Entrée': Chicken & Gravy over Biscuit Hot Vegetable: Mashed Potatoes Fruit: Pineapple Fan Favorite: Corn Dog Nuggets	Homestyle Entrée': Pepperoni & Cheese Pizza Hot Vegetable: Steamed Peas Fruit: Mandarin Oranges Fan Favorite: Bologna & Cheese Sandwich
28	Homestyle Entrée': Beef Stroganoff w Noodles Hot Vegetable: Mashed Potatoes Fruit: Strawberry Applesauce Fan Favorite: Nacho Munchable	Homestyle Entrée': Ham & Cheese Panini Hot Vegetable: Steamed Cauliflower Fruit: Mixed Fruit Fan Favorite: Pizza Burger	Homestyle Entrée': French Toast Sticks w Sausage Hot Vegetable: Tater Tots Fruit: Pineapple Fan Favorite: Sausage & Cheese Biscuit	Homestyle Entrée': Spaghetti w Meatballs Hot Vegetable: Steamed Carrots Fruit: Diced Pears Fan Favorite: Chicken Patty	Homestyle Entrée': Pepperoni & Cheese Pizza Hot Vegetable: Steamed Corn Fruit: Diced Peaches Fan Favorite: Fish Sticks

Rolling Hills Grades 6-12

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- Wow-Butter & Jelly Sandwiches
- Pepperoni and Cheese Pizza

Fresh Fruits and Vegetables

***Vegetables may include:**

- Broccoli Florets
- Baby Carrots
- Dark Leafy Greens
- Cauliflower
- Celery
- Red/Green Peppers
- Cucumber

***Fruits may include:**

- Crisp Apple
- Fresh Orange
- Banana
- Apple Slices
- Grapes
- Blueberries
- Strawberries

*May choose two 1/2 cup serving

Offered Daily

Fruit/Veggie Side: \$1.00



Milk Choices Offered Daily

Fat Free Chocolate & Low Fat White

Extra Milk: \$.65

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	<p>Homestyle Entrée': Hot Turkey Sandwich</p> <p>Hot Vegetable: Mashed Potatoes</p> <p>Fruit: Applesauce</p> <p>Fan Favorite: Cheeseburger</p>	<p>Homestyle Entrée: Buffalo Chicken Alfredo</p> <p>Hot Vegetable: Steamed Green Beans</p> <p>Fruit: Applesauce</p> <p>Fan Favorite: Chef Salad</p>	<p>Homestyle Entrée': Spicy Chicken Sandwich</p> <p>Hot Vegetable: French Fries</p> <p>Fruit: Diced Pears</p> <p>Fan Favorite: Chicken Patty</p>	<p>Homestyle Entrée: General Tso's Bowl</p> <p>Hot Vegetable: Steamed Carrots</p> <p>Fruit: Pineapple</p> <p>Fan Favorite: Fish Sandwich</p>	<p>Homestyle Entrée: Sausage Pizza</p> <p>Hot Vegetable: Steamed Peas</p> <p>Fruit: Mandarin Oranges</p> <p>Fan Favorite: Chicken Nuggets</p>
7	<p>Homestyle Entrée: Chicken & Gravy over Biscuit</p> <p>Hot Vegetable: Mixed Vegetables</p> <p>Fruit: Applesauce</p> <p>Fan Favorite: Mini Corn Dogs</p>	<p>Homestyle Entrée: Meat lover's Grilled Cheese</p> <p>Hot Vegetable: Steamed Broccoli</p> <p>Fruit: Diced Pears</p> <p>Fan Favorite: Grilled Cheese w/ Tomato Soup</p>	<p>Homestyle Entrée: Breakfast Burger</p> <p>Hot Vegetable: Tater Tots</p> <p>Fruit: Pineapple</p> <p>Fan Favorite: Mini Maple Pancakes</p>	<p>Homestyle Entrée: Beef & Cheese Loaded Fries</p> <p>Hot Vegetable: Steamed Cauliflower</p> <p>Fruit: Mandarin Oranges</p> <p>Fan Favorite: BBQ Chicken Sandwich</p>	<p>Homestyle Entrée': French Bread Pizza</p> <p>Hot Vegetable: Steamed Corn</p> <p>Fruit: Applesauce</p> <p>Fan Favorite: Lasagna Roll-ups</p>
14	<p>Homestyle Entrée': Chicken Pot Pie</p> <p>Hot Vegetable: Lima Beans</p> <p>Fruit: Diced Pears</p> <p>Fan Favorite: Grilled Cheese Sandwich</p>	<p>Homestyle Entrée': Walking Taco</p> <p>Hot Vegetable: Garbanzo Beans</p> <p>Fruit: Pineapple</p> <p>Fan Favorite: Chicken Patty</p>	<p>Homestyle Entrée': Chicken Nuggets</p> <p>Vegetable: Steamed Peas</p> <p>Fruit: Mandarin Oranges</p> <p>Fan Favorite: Fish Sticks</p>	<p>Homestyle Entrée': Salisbury Steak</p> <p>Hot Vegetable: Mashed Potatoes</p> <p>Fruit: Applesauce</p> <p>Fan Favorite: Hot Ham & Cheese Sandwich</p>	<p>Homestyle Entrée': Buffalo Chicken Pizza</p> <p>Hot Vegetable: Steamed Carrots</p> <p>Fruit: Peaches</p> <p>Fan Favorite: Hot Dog</p>
21	<p>Homestyle Entrée': Beef Stroganoff & Noodles</p> <p>Hot Vegetable: Mixed Vegetables</p> <p>Fruit: Mandarin Oranges</p> <p>Fan Favorite: Hot Turkey & Cheese Sandwich</p>	<p>Homestyle Entrée': Chicken Fried Rice</p> <p>Hot Vegetable: Steamed Corn</p> <p>Fruit: Peaches</p> <p>Fan Favorite: Cheeseburger</p>	<p>Homestyle Entrée': BBQ Rib Sandwich</p> <p>Hot Vegetable: French Fries</p> <p>Fruit: Applesauce</p> <p>Fan Favorite: Italian Hoagie</p>	<p>Homestyle Entrée': Pizza Pasta Bake</p> <p>Hot Vegetable: Steamed Cauliflower</p> <p>Fruit: Diced Pears</p> <p>Fan Favorite: Corn Dog Nuggets</p>	<p>Homestyle Entrée': Taco Pizza</p> <p>Hot Vegetable: Steamed Broccoli</p> <p>Fruit: Pineapple</p> <p>Fan Favorite: Fish Sandwich</p>
28	<p>Homestyle Entrée': Popcorn Chicken Bowl</p> <p>Hot Vegetable: Mashed Potatoes</p> <p>Fruit: Applesauce</p> <p>Fan Favorite: Pizza Burger</p>	<p>Homestyle Entrée': Chicken Alfredo</p> <p>Hot Vegetable: Mixed Vegetables</p> <p>Fruit: Peaches</p> <p>Fan Favorite: Turkey & Cheese Wrap</p>	<p>Homestyle Entrée': 3 Cheese Panini</p> <p>Hot Vegetable: Steamed Corn</p> <p>Fruit: Mandarin Oranges</p> <p>Fan Favorite: Chicken Nuggets</p>	<p>Homestyle Entrée': Macaroni & Cheese</p> <p>Hot Vegetable: Steamed Peas</p> <p>Fruit: Pineapple</p> <p>Fan Favorite: Bacon Cheeseburger</p>	<p>Homestyle Entrée': Alfredo Pizza</p> <p>Hot Vegetable: Steamed Green Beans</p> <p>Fruit: Diced Pears</p> <p>Fan Favorite: Chicken Patty</p>

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MENUS SUBJECT TO CHANGE

What Makes a Breakfast?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée', 1/2 Cup Fruit, and 1/2 Pint Milk



Alternate entrée' options are offered daily along with the menu item, as well as a variety of fruits and 100% fruit juice.

Additional entrée options may include:

- Assorted Cereal
- Pop-Tarts
- Donuts
- Assorted Cereal Bars

Breakfast is FREE!



Milk Choices Offered Daily

Fat Free Chocolate & Low Fat White
Extra Milk: \$.65

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	Chocolate Chip Muffin Assorted Fruit Choice of Milk	Mini Blueberry Pancakes Assorted Fruit Choice of Milk	ZeeZee Bar Assorted Fruit Choice of Milk	Cereal w/ Toast Assorted Fruit Choice of Milk	Waffles Assorted Fruit Choice of Milk
7	Maple Brown Oatmeal Assorted Fruit Choice of Milk	Omelet Assorted Fruit Choice of Milk	Chicken Biscuit Assorted Fruit Choice of Milk	Powdered Mini Donuts Assorted Fruit Choice of Milk	Pancake Bites Assorted Fruit Choice of Milk
14	Banana Muffin Assorted Fruit Choice of Milk	French Toast Sticks Assorted Fruit Choice of Milk	Apple Frudel Assorted Fruit Choice of Milk	Cinnamon Roll Assorted Fruit Choice of Milk	Breakfast Pizza Assorted Fruit Choice of Milk
21	Apple Muffin Flat Assorted Fruit Choice of Milk	Sausage & Cheese Biscuit Assorted Fruit Choice of Milk	Strawberry Bagel Assorted Fruit Choice of Milk	Honey Bun Assorted Fruit Choice of Milk	Mini Maple Pancakes Assorted Fruit Choice of Milk
28	Chocolate Chip Muffin Assorted Fruit Choice of Milk	Waffles Assorted Fruit Choice of Milk	Cereal w/ Toast Assorted Fruit Choice of Milk	Donut Ring Assorted Fruit Choice of Milk	Egg & Cheese Biscuit Assorted Fruit Choice of Milk

Rolling Hills Grades 6-12

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30	Sausage Gravy Biscuit Donut Assorted Fruit Choice of Milk	1 Mini Blueberry Pancakes Banana Chocolate Bar Assorted Fruit Choice of Milk	2 Breakfast Pizza ZeeZee Bar Assorted Fruit Choice of Milk	3 Sausage, Egg Bagel Cereal w/ Toast Assorted Fruit Choice of Milk	4 Waffles Apple Muffin Flat Assorted Fruit Choice of Milk
7	Maple Brown Oatmeal Honey Bun Assorted Fruit Choice of Milk	8 Omelet Cinnamon Rolls Assorted Fruit Choice of Milk	9 Chicken Biscuit Blueberry Muffin Flat Assorted Fruit Choice of Milk	10 Breakfast Pizza Powdered Mini Donuts Assorted Fruit Choice of Milk	11 Pancake Bites Chocolate Chip Muffin Assorted Fruit Choice of Milk
14	Waffles Banana Muffin Assorted Fruit Choice of Milk	15 French Toast Sticks Chocolate Mini Donuts Assorted Fruit Choice of Milk	16 Mini Blueberry Pancakes Apple Frudel Assorted Fruit Choice of Milk	17 Oatmeal w/ Toast Cinnamon Roll Assorted Fruit Choice of Milk	18 Breakfast Pizza ZeeZee Bar Assorted Fruit Choice of Milk
21	Pancake Bites Apple Muffin Flat Assorted Fruit Choice of Milk	22 Sausage & Cheese Sandwich Donut Assorted Fruit Choice of Milk	23 Breakfast Pizza Strawberry Bagel Assorted Fruit Choice of Milk	24 Bacon Egg & Cheese Biscuit Honey Bun Assorted Fruit Choice of Milk	25 Mini Maple Pancakes Banana Muffin Assorted Fruit Choice of Milk
28	Scrambled Eggs & Bacon Chocolate Chip Muffin Assorted Fruit Choice of Milk	29 Waffles Powdered Mini Donuts Assorted Fruit Choice of Milk	30 Breakfast Pizza Cereal Assorted Fruit Choice of Milk	31 Breakfast Burrito Goody Ring Assorted Fruit Choice of Milk	1 Egg & Cheese Biscuit Apple Muffin Flat Assorted Fruit Choice of Milk