




East Rockaway Jr/Sr High School| LUNCH MENU

MON	TUES	WED	THURS	FRI
 ¹ ⁸ WG Popcorn Chicken Parmesan Flatbread Red Pepper Strips Fresh Strawberries ¹⁵ The Rock Burger Cheeseburger on a WG Bun with Lettuce, Onion, and Tomato Sliced Tomato Watermelon ²² WG Pizza Max Sticks with Dipping Sauce Cucumber Coins Fresh Apple ²⁹ General Tso's WG Popcorn Chicken with WG Rice and Broccoli Fresh Apple	 ² ⁹ Dutch Waffles with Chicken Sausage Patties Tomato & Cucumber Salad Fresh Apple ¹⁶ WG Pizza Max Stix with Dipping Sauce Red Pepper Strips Banana ²³ Rosh Hoshana Schools Closed ³⁰ BBQ Chicken and Cheddar Flatbread Red Pepper Strips Fresh Strawberries	³ WG Baked Chicken Tenders with a WG Dinner Roll Cucumber Coins Fresh Apple ¹⁰ WG Baked Buffalo Chicken Mac & Cheese with a WG Dinner Roll Celery Sticks Clementine ¹⁷ WG Baked Chicken Tenders with a WG Dinner Roll Tomato & Cucumber Salad Fresh Strawberries ²⁴ Rosh Hoshana Schools Closed	⁴ General Tso's WG Popcorn Chicken with WG Rice and Broccoli Banana ¹¹ WG Pizza Max Stix with Dipping Sauce Sliced Tomato Watermelon ¹⁸ Buffalo Chicken Sandwich on a WG Bun Spinach Salad Fresh Pear ²⁵ BBQ Chicken and Cheddar Cheese Calzone Sliced Tomato Watermelon	⁵ Snack Wrap WG Chicken Nuggets, Lettuce and Cheese inside a WG Tortilla Spinach Salad Fresh Pear ¹² Breakfast Burrito Egg, Tater Tots, Cheddar and Salsa in a WG Wrap Cucumber Coins Banana ¹⁹ Loaded Tater Tots WG Popcorn Chicken, Bacon and Cheese Sauce over Baked Potato Tots Sliced Tomato Clementine ²⁶ Chili Chicken Lo Mein Bowl WG Chili Popcorn Chicken with WG Lo Mein Red Pepper Strips Banana



Menus are subject to change.



Available Daily:
 Assorted Fruits: Apples, Oranges, Bananas or Pears
 Assorted Vegetables: Baby Carrots, Celery Sticks or Side Salad
 Assorted 100% Juice: Grape, Apple or Tropical Punch
 Assorted Milk: 1% White or Fat-Free Chocolate
 WG denotes items that are Whole Grain
 RF denotes items that are Reduced Fat

All Lunches Must
 Include Choice of:
 Fruits and/or
 Vegetable
 And May Include:
 1% Low-Fat Milk

Powering
 potential.
aramark
 STUDENT
 NUTRITION