



24-25 High School Breakfast Breakfast

Rocklin Unified

Mon	Tue	Wed	Thu	Fri
9/30/2024	10/1/2024	10/2/2024	10/3/2024	10/4/2024
Main Entree Sandwich, Croissant w/Egg/Sausage/Chs- House Made Muffin, Blueberry (House made) Assorted Cereal Grain Graham Cracker (3 pk) Fresh Fruit Fruits Garden Bar Fruit Juice Orange Juice, Suncup, 4oz Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments	Main Entree Cinnamon Roll Dough Bagel, Everything Assorted Cereal Grain Graham Cracker (3 pk) Fresh Fruit Fruits Garden Bar Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for MS/HS Breakfast Cream Cheese, Lite	Main Entree Yogurt Parfait Bowl, Breakfast (Diced Ham) Assorted Cereal Grain Graham Cracker (3 pk) Fresh Fruit Fruits Garden Bar Fruit Juice Orange Juice, Suncup, 4oz Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments	Main Entree Burrito, Breakfast (Upper) Muffin, Chocolate Chip WG (Housemade) Assorted Cereal Grain Graham Cracker (3 pk) Fresh Fruit Fruits Garden Bar Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for MS/HS Breakfast	Main Entree Sandwich, Croissant w/Egg/Sausage/Chs- House Made Bagel, IW, WG Assorted Cereal Grain Graham Cracker (3 pk) Fresh Fruit Fruits Garden Bar Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for MS/HS Breakfast Cream Cheese, Lite
Condiments for MS/HS Breakfast 10/7/2024	10/8/2024	Condiments for MS/HS Breakfast 10/9/2024	10/10/2024	10/11/2024
Main Entree Sandwich, Croissant w/Egg/Sausage/Chs- House Made Muffin, Blueberry (House made) Assorted Cereal Grain Graham Cracker (3 pk)	Main Entree Cinnamon Roll Dough Bagel, Everything Assorted Cereal Grain Graham Cracker (3 pk)	Main Entree Yogurt Parfait Bowl, Breakfast (Diced Ham) Assorted Cereal Grain Graham Cracker (3 pk) Fresh Fruit	Main Entree Burrito, Breakfast (Upper) Muffin, Chocolate Chip WG (Housemade) Assorted Cereal Grain Graham Cracker (3 pk)	Main Entree Sandwich, Croissant w/Egg/Sausage/Chs- House Made Bagel, IW, WG Assorted Cereal Grain Graham Cracker (3 pk)
Fresh Fruit Fruits Garden Bar Fruit Juice Orange Juice, Suncup, 4oz Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments	Fresh Fruit Fruits Garden Bar Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for MS/HS Breakfast Cream Cheese, Lite	Fresh Fruit Fruits Garden Bar Fruit Juice Orange Juice, Suncup, 4oz Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for MS/HS Breakfast	Fresh Fruit Fruits Garden Bar Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments	Fresh Fruit Fruits Garden Bar Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for MS/HS Breakfast Cream Cheese, Lite



Mon	Tue	Wed	Thu	Fri
10/14/2024	10/15/2024	10/16/2024	10/17/2024	10/18/2024
Main Entree	Main Entree	Main Entree	Main Entree	Main Entree
Sandwich, Croissant w/Egg/Sausage/Chs- House Made Muffin, Blueberry (House made) Assorted Cereal	Cinnamon Roll Dough Bagel, Everything Assorted Cereal Grain	Yogurt Parfait Bowl, Breakfast (Diced Ham) Assorted Cereal Grain	Burrito, Breakfast (Upper) Muffin, Chocolate Chip WG (Housemade) Assorted Cereal	Sandwich, Croissant w/Egg/Sausage/Chs- House Made Bagel, IW, WG Assorted Cereal
Grain	Graham Cracker (3 pk)	Graham Cracker (3 pk)	Grain	Grain
Graham Cracker (3 pk)	Fresh Fruit	Fresh Fruit	Graham Cracker (3 pk)	Graham Cracker (3 pk)
Fresh Fruit	Fruits Garden Bar	Fruits Garden Bar	Fresh Fruit	Fresh Fruit
Fruits Garden Bar	Milk	Fruit Juice	Fruits Garden Bar	Fruits Garden Bar
Fruit Juice	Milk, Chocolate, Fat Free	Orange Juice, Suncup, 4oz	Milk	Milk
Orange Juice, Suncup, 4oz	Milk, Low Fat White 1%	Milk	Milk, Chocolate, Fat Free	Milk, Chocolate, Fat Free
Milk	Condiments	Milk, Chocolate, Fat Free	Milk, Low Fat White 1%	Milk, Low Fat White 1%
Milk, Chocolate, Fat Free	Condiments for MS/HS Breakfast	Milk, Low Fat White 1%		Condiments
Milk, Low Fat White 1%	Cream Cheese, Lite	Condiments	Condiments for MS/HS Breakfast	Condiments for MS/HS Breakfast
Condiments		Condiments for MS/HS Breakfast		Cream Cheese, Lite
Condiments for MS/HS Breakfast				
10/21/2024	10/22/2024	10/23/2024	10/24/2024	10/25/2024
Main Entree	Main Entree	Main Entree	Main Entree	Main Entree
Sandwich, Croissant w/Egg/Sausage/Chs- House Made Muffin, Blueberry (House made) Assorted Cereal	Cinnamon Roll Dough Bagel, Everything Assorted Cereal Grain	Yogurt Parfait Bowl, Breakfast (Diced Ham) Assorted Cereal Grain	Burrito, Breakfast (Upper) Muffin, Chocolate Chip WG (Housemade) Assorted Cereal	Sandwich, Croissant w/Egg/Sausage/Chs- House Made Bagel, IW, WG Assorted Cereal
Grain	Graham Cracker (3 pk)	Graham Cracker (3 pk)	Grain	Grain
Graham Cracker (3 pk)	Fresh Fruit	Fresh Fruit	Graham Cracker (3 pk)	Graham Cracker (3 pk)
Fresh Fruit	Fruits Garden Bar	Fruits Garden Bar	Fresh Fruit	Fresh Fruit
Fruits Garden Bar	Milk	Fruit Juice	Fruits Garden Bar	Fruits Garden Bar
Fruit Juice	Milk, Chocolate, Fat Free	Orange Juice, Suncup, 4oz	Milk	Milk
Orange Juice, Suncup, 4oz	Milk, Low Fat White 1%	Milk	Milk, Chocolate, Fat Free	Milk, Chocolate, Fat Free
Milk	Condiments	Milk, Chocolate, Fat Free	Milk, Low Fat White 1%	Milk, Low Fat White 1%
Milk, Chocolate, Fat Free	Condiments for MS/HS Breakfast	Milk, Low Fat White 1%	Condiments	Condiments
Milk, Low Fat White 1%	Cream Cheese, Lite	Condiments	Condiments for MS/HS Breakfast	Condiments for MS/HS Breakfast
Condiments		Condiments for MS/HS Breakfast		Cream Cheese, Lite
Condiments for MS/HS Breakfast				



Mon	Tue	Wed	Thu	Fri
10/28/2024	10/29/2024	10/30/2024	10/31/2024	11/1/20
Main Entree	Main Entree	Main Entree	Main Entree	
Sandwich, Croissant w/Egg/Sausage/Chs- House Made Muffin, Blueberry (House made) Assorted Cereal	Cinnamon Roll Dough Bagel, Everything Assorted Cereal	Yogurt Parfait Bowl, Breakfast (Diced Ham) Assorted Cereal Grain	Burrito, Breakfast (Upper) Muffin, Chocolate Chip WG (Housemade) Assorted Cereal	
Grain	Graham Cracker (3 pk)	Graham Cracker (3 pk)	Grain	
Graham Cracker (3 pk)	Fresh Fruit	Fresh Fruit	Graham Cracker (3 pk)	
Fresh Fruit	Fruits Garden Bar	Fruits Garden Bar	Fresh Fruit	
Fruits Garden Bar	Milk	Fruit Juice	Fruits Garden Bar	
Fruit Juice	Milk, Chocolate, Fat Free	Orange Juice, Suncup, 4oz	Milk	
Orange Juice, Suncup, 4oz	Milk, Low Fat White 1%	Milk	Milk, Chocolate, Fat Free	
Milk	Condiments	Milk, Chocolate, Fat Free	Milk, Low Fat White 1%	
Milk, Chocolate, Fat Free	Condiments for MS/HS Breakfast	Milk, Low Fat White 1%	Condiments	
Milk, Low Fat White 1%	Cream Cheese, Lite	Condiments	Condiments for MS/HS Breakfast	
Condiments		Condiments for MS/HS Breakfast		
Condiments for MS/HS Breakfast				





24-25 High School Lunch Lunch

Rocklin Unified

Mon	Tue	Wed	Thu	Fri
9/30/2024	10/1/2024	10/2/2024	10/3/2024	10/4/2024
Main Entree	Main Entree	Main Entree	Main Entree	Main Entree
Chicken & Waffle Sandwich, Deli Salad, Chinese Chicken w/Roll	Cheeseburger Taco, Soft (2) - Upper Bento Box (Pepperoni)	Bosco Sticks, Secondary Wrap, Chicken Caesar Salad Bowl, Jerk Chicken, Mango Salsa,	Burrito, Bean & Cheese (Sec) Sandwich, Chicken Filet (GK) Chicken, Loaded Fries w/Bacon,	Pizza, Personal, Cheese, Tasty Pizza (V) Pizza, Personal, Pepperoni, Tasty
Fruit	Fruit	Brown Rice	Ranch & Mozzarella	Pizza
Fruits, Lunch Garden Bar	Fruits, Lunch Garden Bar	Side	Side	Burrito, Big Beefy Combo
Assorted Vegetables	Assorted Vegetables	Roll, Dinner, WW 1oz	Roll, Dinner, WW 1oz	Burrito, Bean & Cheese (Sec)
Vegetables - MS/HS	Vegetables - MS/HS	Fruit	Fruit	Chicken,Sand Spicy/ M.SAla
Milk	Lettuce, Tomato & Pickle Cup	Fruits, Lunch Garden Bar	Fruits, Lunch Garden Bar	Fruit
Milk, Chocolate, Fat Free	Milk	Assorted Vegetables	Assorted Vegetables	Fruits, Lunch Garden Bar
Milk, Low Fat White 1%	Milk, Chocolate, Fat Free	Vegetables - MS/HS	Vegetables - MS/HS	Assorted Vegetables
Condiments	Milk, Low Fat White 1%	Salad Mini	Milk	Vegetables - MS/HS
Condiments for Lunch (Upper)	Condiments	Milk	Milk, Chocolate, Fat Free	Salad Mini
	Condiments for Lunch (Upper)	Milk, Chocolate, Fat Free Milk, Low Fat White 1%	Milk, Low Fat White 1%	Milk
			Condiments	Milk, Chocolate, Fat Free
		Condiments	Condiments for Lunch (Upper)	Milk, Low Fat White 1%
		Condiments for Lunch (Upper) Marinara Sauce - Red Gold		Condiments
				Condiments for Lunch (Upper) Dressing, Chipotle Ranch



Mon	Tue	Wed	Thu	Fri
10/7/2024	10/8/2024	10/9/2024	10/10/2024	10/11/2024
Main Entree Chicken & Waffle Sandwich, Deli Salad, Chinese Chicken w/Roll Fruit Fruits, Lunch Garden Bar Assorted Vegetables Vegetables - MS/HS Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for Lunch (Upper)	Main Entree Cheeseburger Taco, Soft (2) - Upper Bento Box (Pepperoni) Fruit Fruits, Lunch Garden Bar Assorted Vegetables Vegetables - MS/HS Lettuce, Tomato & Pickle Cup Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for Lunch (Upper)	Main Entree Bosco Sticks, Secondary Wrap, Chicken Caesar Salad Bowl, Jerk Chicken, Mango Salsa, Brown Rice Side Roll, Dinner, WW 1oz Fruit Fruits, Lunch Garden Bar Assorted Vegetables Vegetables - MS/HS Salad Mini Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for Lunch (Upper) Marinara Sauce - Red Gold	Main Entree Burrito, Bean & Cheese (Sec) Sandwich, Chicken Filet (GK) Chicken, Loaded Fries w/Bacon, Ranch & Mozzarella Side Roll, Dinner, WW 1oz Fruit Fruits, Lunch Garden Bar Assorted Vegetables Vegetables - MS/HS Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for Lunch (Upper)	Main Entree Pizza, Personal, Cheese, Tasty Pizza (V) Pizza, Personal, Pepperoni, Tasty Pizza Burrito, Big Beefy Combo Burrito, Bean & Cheese (Sec) Chicken,Sand Spicy/ M.SAla Fruit Fruits, Lunch Garden Bar Assorted Vegetables Vegetables - MS/HS Salad Mini Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for Lunch (Upper) Dressing, Chipotle Ranch
Main Entree Chicken & Waffle Sandwich, Deli Salad, Chinese Chicken w/Roll Fruit Fruits, Lunch Garden Bar Assorted Vegetables Vegetables - MS/HS Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for Lunch (Upper)	Main Entree Cheeseburger Taco, Soft (2) - Upper Bento Box (Pepperoni) Fruit Fruits, Lunch Garden Bar Assorted Vegetables Vegetables - MS/HS Lettuce, Tomato & Pickle Cup Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for Lunch (Upper)	Main Entree Bosco Sticks, Secondary Wrap, Chicken Caesar Salad Bowl, Jerk Chicken, Mango Salsa, Brown Rice Side Roll, Dinner, WW 1oz Fruit Fruits, Lunch Garden Bar Assorted Vegetables Vegetables - MS/HS Salad Mini Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for Lunch (Upper) Marinara Sauce - Red Gold	Main Entree Burrito, Bean & Cheese (Sec) Sandwich, Chicken Filet (GK) Chicken, Loaded Fries w/Bacon, Ranch & Mozzarella Side Roll, Dinner, WW 1oz Fruit Fruits, Lunch Garden Bar Assorted Vegetables Vegetables - MS/HS Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for Lunch (Upper)	Main Entree Pizza, Personal, Cheese, Tasty Pizza (V) Pizza, Personal, Pepperoni, Tasty Pizza Burrito, Big Beefy Combo Burrito, Bean & Cheese (Sec) Chicken,Sand Spicy/ M.SAla Fruit Fruits, Lunch Garden Bar Assorted Vegetables Vegetables - MS/HS Salad Mini Milk Milk, Chocolate, Fat Free Milk, Low Fat White 1% Condiments Condiments for Lunch (Upper) Dressing, Chipotle Ranch





Mon	Tue	Wed	Thu	Fri
10/21/2024	10/22/2024	10/23/2024	10/24/2024	10/25/2024
Main Entree	Main Entree	Main Entree	Main Entree	Main Entree
Chicken & Waffle Sandwich, Deli Salad, Chinese Chicken w/Roll	Cheeseburger Taco, Soft (2) - Upper Bento Box (Pepperoni)	Bosco Sticks, Secondary Wrap, Chicken Caesar Salad Bowl, Jerk Chicken, Mango Salsa,	Burrito, Bean & Cheese (Sec) Sandwich, Chicken Filet (GK) Chicken, Loaded Fries w/Bacon,	Pizza, Personal, Cheese, Tasty Pizza (V) Pizza, Personal, Pepperoni, Tasty
Fruit	Fruit	Brown Rice	Ranch & Mozzarella	Pizza
Fruits, Lunch Garden Bar	Fruits, Lunch Garden Bar	Side	Side	Burrito, Big Beefy Combo
Assorted Vegetables	Assorted Vegetables	Roll, Dinner, WW 1oz	Roll, Dinner, WW 1oz	Burrito, Bean & Cheese (Sec)
Vegetables - MS/HS	Vegetables - MS/HS	Fruit	Fruit	Chicken,Sand Spicy/ M.SAla
Milk	Lettuce, Tomato & Pickle Cup	Fruits, Lunch Garden Bar	Fruits, Lunch Garden Bar	Fruit
Milk, Chocolate, Fat Free	Milk	Assorted Vegetables	Assorted Vegetables	Fruits, Lunch Garden Bar
Milk, Low Fat White 1%	Milk, Chocolate, Fat Free	Vegetables - MS/HS	Vegetables - MS/HS	Assorted Vegetables
Condiments	Milk, Low Fat White 1%	Salad Mini	Milk	Vegetables - MS/HS
Condiments for Lunch (Upper)	Condiments	Milk	Milk, Chocolate, Fat Free	Salad Mini
(-11 /	Condiments for Lunch (Upper)	Milk, Chocolate, Fat Free	Milk, Low Fat White 1%	Milk
			Condiments Condiments for Lunch (Upper)	Milk, Chocolate, Fat Free
		Condiments		Milk, Low Fat White 1%
		Condiments for Lunch (Upper)	(2 201)	Condiments
		Marinara Sauce - Red Gold		Condiments for Lunch (Upper) Dressing, Chipotle Ranch



Mon	Tue	Wed	Thu	Fri
10/28/2024	10/29/2024	10/30/2024	10/31/2024	11/1/2024
Main Entree	Main Entree	Main Entree	Main Entree	
Chicken & Waffle Sandwich, Deli Salad, Chinese Chicken w/Roll	Cheeseburger Taco, Soft (2) - Upper Bento Box (Pepperoni)	Bosco Sticks, Secondary Wrap, Chicken Caesar Salad Bowl, Jerk Chicken, Mango Salsa,	Burrito, Bean & Cheese (Sec) Sandwich, Chicken Filet (GK) Chicken, Loaded Fries w/Bacon,	
Fruit	Fruit	Brown Rice	Ranch & Mozzarella	
Fruits, Lunch Garden Bar	Fruits, Lunch Garden Bar	Side	Side	
Assorted Vegetables	Assorted Vegetables	Roll, Dinner, WW 1oz	Roll, Dinner, WW 1oz	
Vegetables - MS/HS	Vegetables - MS/HS	Fruit	Fruit	
Milk	Lettuce, Tomato & Pickle Cup	Fruits, Lunch Garden Bar	Fruits, Lunch Garden Bar	
Milk, Chocolate, Fat Free	Milk	Assorted Vegetables	Assorted Vegetables	
Milk, Low Fat White 1%	Milk, Chocolate, Fat Free	Vegetables - MS/HS	Vegetables - MS/HS	
Condiments	Milk, Low Fat White 1%	Salad Mini	Milk	
Condiments for Lunch (Upper)	Condiments	Milk	Milk, Chocolate, Fat Free	
	Condiments for Lunch (Upper)	Milk, Chocolate, Fat Free	Milk, Low Fat White 1%	
		Milk, Low Fat White 1%	Condiments	
		Condiments	Condiments for Lunch (Upper)	
		Condiments for Lunch (Upper) Marinara Sauce - Red Gold		

FILTERS			
Name(s)	Value(s)		
Date Range	(Start = 9/29/2024, End = 11/2/2024)		
Menu Plan	(24-25 High School Breakfast, 24-25 High School Lunch)		