



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



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



Mon	Tue	Wed	Thu	Fri
10/28/2024	10/29/2024	10/30/2024	10/31/2024	11/1/2024
<b>Main Entree</b> Sandwich, Croissant w/Egg/Sausage/Chs- House Made Muffin, Blueberry (House made) Assorted Cereal <b>Grain</b> Graham Cracker (3 pk) <b>Fresh Fruit</b> Fruits Garden Bar <b>Fruit Juice</b> Orange Juice, Suncup, 4oz <b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1% <b>Condiments</b> Condiments for MS/HS Breakfast	<b>Main Entree</b> Cinnamon Roll Dough Bagel, Everything Assorted Cereal <b>Grain</b> Graham Cracker (3 pk) <b>Fresh Fruit</b> Fruits Garden Bar <b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1% <b>Condiments</b> Condiments for MS/HS Breakfast Cream Cheese, Lite	<b>Main Entree</b> Yogurt Parfait Bowl, Breakfast (Diced Ham) Assorted Cereal <b>Grain</b> Graham Cracker (3 pk) <b>Fresh Fruit</b> Fruits Garden Bar <b>Fruit Juice</b> Orange Juice, Suncup, 4oz <b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1% <b>Condiments</b> Condiments for MS/HS Breakfast	<b>Main Entree</b> Burrito, Breakfast (Upper) Muffin, Chocolate Chip WG (Housemade) Assorted Cereal <b>Grain</b> Graham Cracker (3 pk) <b>Fresh Fruit</b> Fruits Garden Bar <b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1% <b>Condiments</b> 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
<b>Main Entree</b> Chicken & Waffle Sandwich, Deli Salad, Chinese Chicken w/Roll	<b>Main Entree</b> Cheeseburger Taco, Soft (2) - Upper Bento Box (Pepperoni)	<b>Main Entree</b> Bosco Sticks, Secondary Wrap, Chicken Caesar Salad Bowl, Jerk Chicken, Mango Salsa, Brown Rice	<b>Main Entree</b> Burrito, Bean & Cheese (Sec) Sandwich, Chicken Filet (GK) Chicken, Loaded Fries w/Bacon, Ranch & Mozzarella	<b>Main Entree</b> Pizza, Personal, Cheese, Tasty Pizza (V) Pizza, Personal, Pepperoni, Tasty Pizza
<b>Fruit</b> Fruits, Lunch Garden Bar	<b>Fruit</b> Fruits, Lunch Garden Bar	<b>Side</b> Roll, Dinner, WW 1oz	<b>Side</b> Roll, Dinner, WW 1oz	<b>Side</b> Burrito, Big Beefy Combo Burrito, Bean & Cheese (Sec) Chicken, Sand Spicy/ M.S.-Ala
<b>Assorted Vegetables</b> Vegetables - MS/HS	<b>Assorted Vegetables</b> Vegetables - MS/HS	<b>Fruit</b> Fruits, Lunch Garden Bar	<b>Fruit</b> Fruits, Lunch Garden Bar	<b>Fruit</b> Fruits, Lunch Garden Bar
<b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1%	<b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1%	<b>Assorted Vegetables</b> Vegetables - MS/HS Salad Mini	<b>Assorted Vegetables</b> Vegetables - MS/HS	<b>Assorted Vegetables</b> Vegetables - MS/HS Salad Mini
<b>Condiments</b> Condiments for Lunch (Upper)	<b>Condiments</b> Condiments for Lunch (Upper)	<b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1%	<b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1%	<b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1%
		<b>Condiments</b> Condiments for Lunch (Upper) Marinara Sauce - Red Gold	<b>Condiments</b> Condiments for Lunch (Upper)	<b>Condiments</b> 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
<b>Main Entree</b> Chicken & Waffle Sandwich, Deli Salad, Chinese Chicken w/Roll <b>Fruit</b> Fruits, Lunch Garden Bar <b>Assorted Vegetables</b> Vegetables - MS/HS <b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1% <b>Condiments</b> Condiments for Lunch (Upper)	<b>Main Entree</b> Cheeseburger Taco, Soft (2) - Upper Bento Box (Pepperoni) <b>Fruit</b> Fruits, Lunch Garden Bar <b>Assorted Vegetables</b> Vegetables - MS/HS Lettuce, Tomato & Pickle Cup <b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1% <b>Condiments</b> Condiments for Lunch (Upper)	<b>Main Entree</b> Bosco Sticks, Secondary Wrap, Chicken Caesar Salad Bowl, Jerk Chicken, Mango Salsa, Brown Rice <b>Side</b> Roll, Dinner, WW 1oz <b>Fruit</b> Fruits, Lunch Garden Bar <b>Assorted Vegetables</b> Vegetables - MS/HS Salad Mini <b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1% <b>Condiments</b> Condiments for Lunch (Upper) Marinara Sauce - Red Gold	<b>Main Entree</b> Burrito, Bean & Cheese (Sec) Sandwich, Chicken Filet (GK) Chicken, Loaded Fries w/Bacon, Ranch & Mozzarella <b>Side</b> Roll, Dinner, WW 1oz <b>Fruit</b> Fruits, Lunch Garden Bar <b>Assorted Vegetables</b> Vegetables - MS/HS <b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1% <b>Condiments</b> Condiments for Lunch (Upper)	<b>Main Entree</b> Pizza, Personal, Cheese, Tasty Pizza (V) Pizza, Personal, Pepperoni, Tasty Pizza Burrito, Big Beefy Combo Burrito, Bean & Cheese (Sec) Chicken, Sand Spicy/ M.S.-Ala <b>Fruit</b> Fruits, Lunch Garden Bar <b>Assorted Vegetables</b> Vegetables - MS/HS Salad Mini <b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1% <b>Condiments</b> Condiments for Lunch (Upper) Dressing, Chipotle Ranch
10/14/2024	10/15/2024	10/16/2024	10/17/2024	10/18/2024
<b>Main Entree</b> Chicken & Waffle Sandwich, Deli Salad, Chinese Chicken w/Roll <b>Fruit</b> Fruits, Lunch Garden Bar <b>Assorted Vegetables</b> Vegetables - MS/HS <b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1% <b>Condiments</b> Condiments for Lunch (Upper)	<b>Main Entree</b> Cheeseburger Taco, Soft (2) - Upper Bento Box (Pepperoni) <b>Fruit</b> Fruits, Lunch Garden Bar <b>Assorted Vegetables</b> Vegetables - MS/HS Lettuce, Tomato & Pickle Cup <b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1% <b>Condiments</b> Condiments for Lunch (Upper)	<b>Main Entree</b> Bosco Sticks, Secondary Wrap, Chicken Caesar Salad Bowl, Jerk Chicken, Mango Salsa, Brown Rice <b>Side</b> Roll, Dinner, WW 1oz <b>Fruit</b> Fruits, Lunch Garden Bar <b>Assorted Vegetables</b> Vegetables - MS/HS Salad Mini <b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1% <b>Condiments</b> Condiments for Lunch (Upper) Marinara Sauce - Red Gold	<b>Main Entree</b> Burrito, Bean & Cheese (Sec) Sandwich, Chicken Filet (GK) Chicken, Loaded Fries w/Bacon, Ranch & Mozzarella <b>Side</b> Roll, Dinner, WW 1oz <b>Fruit</b> Fruits, Lunch Garden Bar <b>Assorted Vegetables</b> Vegetables - MS/HS <b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1% <b>Condiments</b> Condiments for Lunch (Upper)	<b>Main Entree</b> Pizza, Personal, Cheese, Tasty Pizza (V) Pizza, Personal, Pepperoni, Tasty Pizza Burrito, Big Beefy Combo Burrito, Bean & Cheese (Sec) Chicken, Sand Spicy/ M.S.-Ala <b>Fruit</b> Fruits, Lunch Garden Bar <b>Assorted Vegetables</b> Vegetables - MS/HS Salad Mini <b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1% <b>Condiments</b> 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
<b>Main Entree</b> Chicken & Waffle Sandwich, Deli Salad, Chinese Chicken w/Roll	<b>Main Entree</b> Cheeseburger Taco, Soft (2) - Upper Bento Box (Pepperoni)	<b>Main Entree</b> Bosco Sticks, Secondary Wrap, Chicken Caesar Salad Bowl, Jerk Chicken, Mango Salsa, Brown Rice	<b>Main Entree</b> Burrito, Bean & Cheese (Sec) Sandwich, Chicken Filet (GK) Chicken, Loaded Fries w/Bacon, Ranch & Mozzarella	<b>Main Entree</b> Pizza, Personal, Cheese, Tasty Pizza (V) Pizza, Personal, Pepperoni, Tasty Pizza Burrito, Big Beefy Combo Burrito, Bean & Cheese (Sec) Chicken, Sand Spicy/ M.S.-Ala
<b>Fruit</b> Fruits, Lunch Garden Bar	<b>Fruit</b> Fruits, Lunch Garden Bar	<b>Side</b> Roll, Dinner, WW 1oz	<b>Side</b> Roll, Dinner, WW 1oz	<b>Fruit</b> Fruits, Lunch Garden Bar
<b>Assorted Vegetables</b> Vegetables - MS/HS	<b>Assorted Vegetables</b> Vegetables - MS/HS	<b>Fruit</b> Fruits, Lunch Garden Bar	<b>Fruit</b> Fruits, Lunch Garden Bar	<b>Fruit</b> Fruits, Lunch Garden Bar
<b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1%	<b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1%	<b>Assorted Vegetables</b> Vegetables - MS/HS Salad Mini	<b>Assorted Vegetables</b> Vegetables - MS/HS	<b>Assorted Vegetables</b> Vegetables - MS/HS Salad Mini
<b>Condiments</b> Condiments for Lunch (Upper)	<b>Condiments</b> Condiments for Lunch (Upper)	<b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1%	<b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1%	<b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1%
		<b>Condiments</b> Condiments for Lunch (Upper) Marinara Sauce - Red Gold	<b>Condiments</b> Condiments for Lunch (Upper)	<b>Condiments</b> 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
<b>Main Entree</b> Chicken & Waffle Sandwich, Deli Salad, Chinese Chicken w/Roll	<b>Main Entree</b> Cheeseburger Taco, Soft (2) - Upper Bento Box (Pepperoni)	<b>Main Entree</b> Bosco Sticks, Secondary Wrap, Chicken Caesar Salad Bowl, Jerk Chicken, Mango Salsa, Brown Rice	<b>Main Entree</b> Burrito, Bean & Cheese (Sec) Sandwich, Chicken Filet (GK) Chicken, Loaded Fries w/Bacon, Ranch & Mozzarella	
<b>Fruit</b> Fruits, Lunch Garden Bar	<b>Fruit</b> Fruits, Lunch Garden Bar	<b>Side</b> Roll, Dinner, WW 1oz	<b>Side</b> Roll, Dinner, WW 1oz	
<b>Assorted Vegetables</b> Vegetables - MS/HS	<b>Assorted Vegetables</b> Vegetables - MS/HS	<b>Fruit</b> Fruits, Lunch Garden Bar	<b>Fruit</b> Fruits, Lunch Garden Bar	
<b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1%	<b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1%	<b>Assorted Vegetables</b> Vegetables - MS/HS Salad Mini	<b>Assorted Vegetables</b> Vegetables - MS/HS	
<b>Condiments</b> Condiments for Lunch (Upper)	<b>Condiments</b> Condiments for Lunch (Upper)	<b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1%	<b>Milk</b> Milk, Chocolate, Fat Free Milk, Low Fat White 1%	
		<b>Condiments</b> Condiments for Lunch (Upper) Marinara Sauce - Red Gold	<b>Condiments</b> Condiments for Lunch (Upper)	

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)