Tipton Rosemark Academy

October 2020 Lunch Menu For Grades 6-12

	Monday	Tuesday	Wednesday	Thursday	Friday
				1	2
The Classics				Crispy Cheddar Chicken	Pancakes
				Hashbrown Casserole	Scrambled Eggs
				Green Beans	Bacon, Sausage Links
Grille Feature				Mozzarella Sticks W/ Marinar	Ham & Cheese Croissant
Salad of the day				Grilled Chicken Caesar Sala	BBQ Chopped Chicken Salad
	5	6	7	8	9
The Classics	FALL BREAK				
Grille Feature					
Salad of the day					
	12	13	14	15	16
The Classics	Spaghetti & Meatballs	Chicken Cheese & Rice		Boneless Wings	Rebel Burgers
	Sweet Peas	Street Corn		Loaded Mashed Potatoes	Rebel Fries
	California Veggies	Cheesy Refried Beans	Waffle Fries	Parmesan Crusted Zucchini S	Cinnamon Apples
Grille Feature	BBQ Nachos	Chicken Quesadillas	Chick Fil-A Sandwich	Spicy Chicken Sandwich	Rebel Dogs
Salad of the day	Crispy Chicken Salad	Taco Salad	Chef Salad	Grilled Chicken Caesar Sala	BBQ Chopped Chicken Salad
	19	20	21	22	23
The Classics	Poppy Seed Chicken	Crunchy Beef or Walking Tac	Rebel Tenders	Chicken Parmesan	Pizza
	Roasted Red Potatoes	Rice Pilaf	Rebel Fries	Italian Butterred Noodles	Cheese, Sausage, Pepperon
	Steamed Broccoli	Pinto Beans	Mac & Cheese	Roasted Vegetables	Chicken Alfredo
Grille Feature	Fried Beef Ravioli	Chicken Quesadillas	Phily Cheese Steak Sub	Meatball Subs	Baked or Sweet Potatoes
Salad of the day	Asian Salad	Taco Salad	Chef Salad	Crispy Chicken Salad	Grilled Chicken Caesar Salad
				STRAWBERRY SHORTCAKE TREATS!	
	26	27	28	29	30
The Classics	Meatloaf	Chicken Soft Tacos		Chicken Carbonara Pasta	Pulled Pork Sandwiches
	Hashbrown Casserole	Cheesy Refried Beans		Sweet Peas	Fried Okra
	Green Beans	Cilantro Rice	Waffle Fries	Sauteed Squash	Mashed Potatoes
Grille Feature	Spicy Chicken Sandwich	Chicken Quesadillas	Chick Fil A Sandwich	Bosco Sticks W/ Marinara	Baked or Sweet Potatoes
Salad of the day	Asian Salad	Crispy Chicken Salad	Chef Salad	Grilled Chicken Caesar Salad	BBQ Chopped Chicken Salad
				POPCORN SERVED DURING BREAK	

