

# Rockwell Charter High

## Outpost Menu

# OCTOBER

2018

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Pancakes Sausage, Hashbrowns Fruit	Rock-Dogs Potato Salad	Chicken Tenders Chips	Shredded Pork Baked Chips	Peperoni or Cheese Pizza Rippers Salad
8	9	10	11	12
Corn Dogs Chips, Potato-Salad Veggie Cup	Flat Taco	Nachos w/ Ground Beef Salsa Refried Beans	Ham or Turkey Hoagie, Chips Veggie & Fruit Cup	Peperoni or Cheese Pizza Rippers Salad
15	16	17	18	19
Hawaiian Flagstack	Café Rio Salad	Chicken Caesar Wraps Carrots/Chips	Sack Lunch	<b>NO SCHOOL!!</b>
22	23	24	25	26
<b>NO SCHOOL!!</b>	Bread Stick Fruit & veggie cups	Cheeseburger Fries	Chicken Patty Sandwich Chips & Veggies	Peperoni or Cheese Pizza Rippers Salad
29	30	31		
Tornados Hashbrowns	Chef Salad Shakers	Beef Bean & Cheese Burrito Salas 		

*Free and reduced lunch applications accepted anytime online through [Aspire](#) or in the office.*

*Fruit, Milk & Juice is served with every meal.*

*This institution is an equal opportunity provider*