

2018

April

Basic Nutrition Information

Rockton School District #140 - Hot Lunch - RGS | WPES | SMMS

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
Popcorn Chicken Mashed Potato w/gravy Corn Dinner Roll Pears	Hamburger on a Bun Fries Green Beans Pineapple	Corn Dog Baked Beans Carrots Peaches Ketchup	Chicken Quesadilla Doritos Tossed Salad Fruit Project Fair	Sam's Pizza Celery Sticks Sunbutter Applesauce
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Beefy Nachos Refried Beans Corn Pears	Chicken Patty on a Bun Fries Peas Peaches	Orange Chicken Rice Broccoli Pineapple Fortune Cookie	French Toast Sticks Sausage Patty Hashbrown Patty Applesauce Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Hard Shell Tacos Refried Beans Corn Pineapple	Little Smokies Soft Pretzel Nacho Cheese Broccoli Sidekick	Chicken Nuggets Fries Green Beans Peaches	Croissant Breakfast Sandwich Hashbrown Patty Strawberries Fruitables	Sam's Pizza Cucumbers Ranch Dressing Peaches
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Pork Roast Mashed Potato w/gravy Dinner Roll Carrots Cinnamon Applesauce	Spaghetti with Meatballs Garlic Bread Broccoli Fruit Cup	Hot Dog on a Bun Baked Beans Carrots Sticks Pears Ketchup/Mustard	Chicken Rice Soup Bosco Stick Crackers Tossed Salad Fruit Cup	<b>No School</b>
<b>30</b>				
Hamburger on a Bun Fries Carrots Pineapple				

MENU ITEMS SUBJECT TO CHANGE

Milk provided with every meal.