

2018

August

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
		8	9	10
13	14	15	16	17
		Hot Dog on a Bun Baked Beans Carrot Sticks Pears Ketchup/Mustard	Bosco Stick Marina Sauce Tossed Salad Ranch Dressing Cool Tropics Slush	Sam's Pizza Cucumber Slices Ranch Dressing Applesauce
20	21	22	23	24
Hard Shell Tacos Refried Beans Corn Pineapple	Little Smokies Soft Pretzel Nacho Cheese Broccoli Applesauce	Chicken Nuggets Fries Green Beans Peaches	Croissant Breakfast Sandwich Hashbrown Patty Mandarin Oranges Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
27	28	29	30	31
Popcorn Chicken Mashed Potato w/gravy Dinner Roll Green Beans Cinnamon Applesauce	Hamburger on a Bun Fries Carrots Fruit Cup	Corn Dog Baked Beans Celery Sticks Pears Ketchup	Soft Chicken Taco Corn Nacho Cheese Doritos Pineapple	Sam's Pizza Tossed Salad Ranch Dressing Peaches

MENU ITEMS SUBJECT TO CHANGE

Milk provided with every meal.