

2017

August

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
31	1	2	3	4
7	8	9	10	11
14	15	16	17	18
		Hot Dog on a Bun Baked Beans Carrots Sticks Pears Ketchup/Mustard	Spaghetti with Meatballs Garlic Bread Broccoli Fruit Cup	Sam's Pizza Tossed Salad Ranch Dressing Peaches
21	22	23	24	25
Soft Shell Tacos Refried Beans Corn Pears	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
28	29	30	31	1
Sloppy Joe on a Bun Fries Carrots Pineapple	Popcorn Chicken Mashed Potato w/gravy Corn Dinner Roll Pears	Corn Dog Baked Beans Cheetos Peaches Ketchup	Bosco Stick Chicken Rice Soup Crackers Tossed Salad Fruit Cup	

MENU ITEMS SUBJECT TO CHANGE

Milk provided with every meal.