

2017

December

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
4	5	6	7	8
Popcorn Chicken Mashed Potato w/gravy Peas Dinner Roll Cinnamon Applesauce	Spaghetti with Meatballs Garlic Bread Broccoli Fruit Cup	Mack Rib Sandwich Baked Beans Carrots Sticks Pears	Chicken Taco Corn Nacho Cheese Doritos Pineapple	Sam's Pizza Celery Sticks Sunbutter Peaches
11	12	13	14	15
Beefy Nachos Refried Beans Corn Pineapple	Hamburger on a Bun Fries Green Beans Pears	Chicken Nuggets Assorted Chips Carrots Peaches	Croissant Breakfast Sandwich Hashbrown Patty Strawberries Fruitables	Sam's Pizza Tossed Salad Ranch Dressing Fruit Cup
18	19	20	21	22
Roast Turkey Mashed Potato w/gravy Carrots / Mixed Fruit Dinner Roll Holiday Cookie	Sloppy Joe on a Bun Fries Green Beans Pears	Corn Dog Baked Beans Cool Ranch Doritos Peaches Ketchup	Bosco Stick with Marinara Sauce Tossed Salad Ranch Dressing Fruit Cup	NO SCHOOL
25	26	27	28	29
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL

MENU ITEMS SUBJECT TO CHANGE

Milk provided with every meal.