

2018

January

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
8	9	10	11	12
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 Strawberries Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
15	16	17	18	19
<b>NO SCHOOL</b>	Spaghetti with Meatballs Garlic Bread Broccoli Fruit Cup	Hot Dog on a Bun Baked Beans Carrot Sticks Pears Ketchup/Mustard	Chicken Quesadilla Salsa Corn Nacho Cheese Doritos Pineapple	Sam's Pizza Celery Sticks Sunbutter Peaches
22	23	24	25	26
Hard Shell Tacos Refried Beans Corn Applesauce	Little Smokies Soft Pretzel Nacho Cheese Broccoli Sidekick	Chicken Nuggets Fries Green Beans Peaches	Croissant Breakfast Sandwich Hashbrown Patty Mandarin Oranges Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
29	30	31		
Hamburger on a Bun Fries Carrots Pineapple	Popcorn Chicken Mashed Potato w/gravy Corn Dinner Roll Pears	Corn Dog Baked Beans Cool Ranch Doritos Peaches Ketchup		

MENU ITEMS SUBJECT TO CHANGE

Milk provided with every meal.