

2017

November

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Orange Chicken Rice Pilaf Broccoli Pineapple Fortune Cookie	French Toast Sticks Sausage Patty Hashbrown Patty Mandarin Oranges Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
6	7	8	9	10
Popcorn Chicken Mashed Potato w/gravy Peas Dinner Roll Peaches	Spaghetti with Meatballs Garlic Bread Green Beans Fruit Cup	Hot Dog on a Bun Baked Beans Carrots Sticks Pears Ketchup/Mustard	Bosco Sticks with Marinara Sauce Tossed Salad Ranch Dressing Mixed Fruit	NO SCHOOL
13	14	15	16	17
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	NO SCHOOL
20	21	22	23	24
Roast Turkey Mashed Potato w/gravy Carrots / Mixed Fruit Dinner Roll Pumpkin Pie	Hamburger on a Bun Fries Green Bean Pears	NO SCHOOL	NO SCHOOL	NO SCHOOL
27	28	29	30	
Beefy Nachos Refried Beans Corn Pears	Chicken Patty on a Bun Fries Green Bean Peaches	Orange Chicken Rice Pilaf Broccoli Pineapple Fortune Cookie	French Toast Sausage Patty Hashbrown Patty Mandarin Oranges Fruitables	

MENU ITEMS SUBJECT TO CHANGE

Milk provided with every meal.