

2017

October

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Beefy Nachos Refried Beans Corn Pears	Chicken Patty on a Bun Fries Peas Peaches	Orange Chicken Rice Broccoli Pineapple Fortune Cookie	French Toast Sausage Patty Hashbrown Patty Strawberries Fruitables	NO SCHOOL
9	10	11	12	13
NO SCHOOL	Meatloaf Mashed Potato w/gravy Dinner Roll Green Beans Cinnamon Applesauce	Hot Dog on a Bun Baked Beans Baby Carrots Pears Ketchup/Mustard	Chicken Fajita Corn Nacho Cheese Doritos Pineapple	Sam's Pizza Tossed Salad Ranch Dressing Peaches
16	17	18	19	20
Soft 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
23	24	25	26	27
Sloppy Joe Fries Carrots Pineapple	Popcorn Chicken Mashed Potato w/gravy Corn Dinner Roll Pears	Corn Dog Baked Beans Cool Ranch Doritos Peaches Ketchup	Bosco Stick Chicken Rice Soup Crackers Tossed Salad Fruit Cup	Sam's Pizza Cucumber Slices Ranch Dressing Applesauce
30	31			
Chicken Patty on a Bun Fries Green Beans Peaches	Hay Stack Nachos Trail Beans Golden Nugget Corn Chuckwagon Fruit			

MENU ITEMS SUBJECT TO CHANGE

Milk provided with every meal.