

2018

September

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<p>Labor Day</p> <p>NO SCHOOL</p>	<p>Chicken Patty on a Bun</p> <p>Savory Fries</p> <p>Peas</p> <p>Peaches</p>	<p>Orange Chicken</p> <p>Rice</p> <p>Broccoli</p> <p>Pineapple</p> <p>Fortune Cookie</p>	<p>French Toast Sticks</p> <p>Sausage Patty</p> <p>Hashbrown Patty</p> <p>Mandarin Oranges</p> <p>Fruitables</p>	<p>Sam's Pizza</p> <p>Baby Carrots</p> <p>Ranch Dressing</p> <p>Fruit Cup</p>
10	11	12	13	14
<p>Popcorn Chicken</p> <p>Mashed Potato w/gravy</p> <p>Corn</p> <p>Dinner Roll</p> <p>Peaches</p>	<p>Spaghetti with Meatballs</p> <p>Garlic Bread</p> <p>Broccoli</p> <p>Sidekick</p>	<p>Hot Dog on a Bun</p> <p>Baked Beans</p> <p>Carrot Sticks</p> <p>Pears</p> <p>Ketchup/Mustard</p>	<p>Bosco Stick</p> <p>Chicken Rice Soup</p> <p>Crackers</p> <p>Tossed Salad</p> <p>Pineapple</p>	<p>Sam's Pizza</p> <p>Cucumber Slices</p> <p>Ranch Dressing</p> <p>Applesauce</p>
17	18	19	20	21
<p>Hard Shell Tacos</p> <p>Refried Beans</p> <p>Corn</p> <p>Pineapple</p>	<p>Little Franks</p> <p>Pretzel Rods</p> <p>Nacho Cheese</p> <p>Broccoli</p> <p>Applesauce</p>	<p>Chicken Nuggets</p> <p>Savory Fries</p> <p>Green Beans</p> <p>Peaches</p>	<p>Croissant Breakfast Sandwich</p> <p>Hashbrown Patty</p> <p>Mandarin Oranges</p> <p>Fruitables</p>	<p>Sam's Pizza</p> <p>Baby Carrots</p> <p>Ranch Dressing</p> <p>Fruit Cup</p>
24	25	26	27	28
<p>Pork Roast</p> <p>Mashed Potato w/gravy</p> <p>Dinner Roll</p> <p>Green Beans</p> <p>Cinnamon Applesauce</p>	<p>Hamburger on a Bun</p> <p>Fries</p> <p>Carrots</p> <p>Fruit Cup</p>	<p>Mini Corn Dogs</p> <p>Baked Beans</p> <p>Celery Sticks</p> <p>Pears</p> <p>Ketchup</p>	<p>Soft Chicken Taco</p> <p>Corn</p> <p>Nacho Cheese Doritos</p> <p>Pineapple</p>	<p>Sam's Pizza</p> <p>Tossed Salad</p> <p>Ranch Dressing</p> <p>Peaches</p>

MENU ITEMS SUBJECT TO CHANGE

Milk provided with every meal.