

2017

September

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
28	29	30	31	1
				Sam's Pizza Cucumber Slices Ranch Dressing Applesauce
4	5	6	7	8
NO SCHOOL	Chicken Patty on a Bun Fries Peas Peaches	Orange Chicken Rice Broccoli Pineapple Fortune Cookie	French Toast Sausage Patty Hashbrown Patty Mandarin Oranges Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
11	12	13	14	15
Pork Roast Mashed Potato w/gravy Dinner Roll Green Beans Cinnamon Applesauce	Chicken Quesadilla Salsa Corn Nacho Cheese Doritos Pineapple	Hot Dog on a Bun Baked Beans Carrots Sticks Pears Ketchup/Mustard	Spaghetti with Meatballs Garlic Bread Broccoli Fruit Cup	Sam's Pizza Celery Sticks Sun Butter Peaches
18	19	20	21	22
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
25	26	27	28	29
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	Grilled Cheese Tomato Soup Crackers Tossed Salad Fruit Cup	Sam's Pizza Cucumber Slices Ranch Dressing Applesauce

MENU ITEMS SUBJECT TO CHANGE

Milk provided with every meal.