

October 2020

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>* Milk, Alternative fruit, and vegetable offered every meal * Menu subject to change</p>			Turkey Cheese Croissant Cheez-its Apple Slices Corn Mayo/Mustard	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup Fruit Juice
5	6	7	8	9
Chicken Nuggets Fries Green Beans Peaches Ranch Dressing	Little Franks Soft Pretzels Nacho Cheese Sauce Broccoli Fruit Cup	French Toast Sticks Sausage Patty Hashbrown Patty Mandarin Orange Syrup	Sam's Pizza Cucumber Ranch Dressing Apple Slices Fruit Juice	No School
12	13	14	15	16
Cheeseburger Fries Pickle Fruit Cup Ketchup/Mustard	Bosco Sticks Marinara Green Beans Peaches	Chicken Fried Rice Egg Roll Pork Peas and Carrots Fortune Cookie Pineapple	Ham and Cheese Croissant Goldfish Crackers Corn Applesauce Mayo/Mustard	Sam's Pizza Tossed Salad Ranch Dressing Orange Slices Fruit Juice
19	20	21	22	23
Chicken Patty Fries Peas Fruit Cup Mayo/Mustard	Mini Corn Dog Baked Beans Pears String Cheese Stick Ketchup/Mustard	Soft Chicken Taco Corn Pineapple Baked Doritos	Turkey Cheese Croissant Animal Crackers Cinnamon Applesauce Green Beans Mayo/Mustard	Sam's Pizza Ranch Dressing Apple Slices Fruit Juice Celery Sticks
26	27	29		
Chicken Tender Tator Tots Peaches Dinner Roll Ranch Dressing	Cheeseburger Fries Pickle Fruit Cup Ketchup/Mustard	Popcorn Chicken Mac and Cheese Peas Mixed Fruit	Ham and Cheese Croissant Baked Chips Green Beans Fruit Cup Mayo/Mustard	Sam's Pizza Baby Carrots Ranch Dressing Grapes Fruit Juice / Sugar Cookie

MENU ITEMS SUBJECT TO CHANGE