

# September 2020

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
			Turkey Cheese Croissant Baked Chips Apple Slices Corn Mayo/Mustard	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup Fruit Juice
7	8	9	10	11
No School	Chicken Nuggets Fries Green Beans Peaches Ranch Dressing	Little Franks Pretzel Rods Nacho Cheese Sauce Broccoli Fruit Cup	Ham and Cheese Croissant Baked Chips Carrots Applesauce Mayo/Mustard	Sam's Pizza Cucumber Ranch Dressing Apple Slices Fruit Juice
14	15	16	17	18
Cheeseburger Fries Pickle Applesauce Ketchup/Mustard	Bosco Sticks Marinara Green Beans Peaches	French Toast Sticks Sausage Patty Hashbrown Patty Mandarin Orange Syrup	Turkey Cheese Croissant Baked Chips Yogurt Corn Mayo/Mustard	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup Fruit Juice
21	22	23	24	25
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	Ham and Cheese Croissant Baked Chips Carrots Applesauce Mayo/Mustard	Sam's Pizza Ranch Dressing Apple Slices Fruit Juice Celery Sticks
28	29	29		
Croissant Breakfast Sandwich Hashbrown Patty Mandarin Orange	Walking Taco Baked Doritos Refried Beans Corn Pears	Chicken Tender Tator Tots Green Beans Peaches Ranch Dressing	* <b>Milk, Alternative fruit, and vegetable offered every meal</b> * <b>Menu subject to change</b>	

**MENU ITEMS SUBJECT TO CHANGE**