

# April 2019

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Beefy Nachos Refried Beans Corn Pears	Orange Chicken Rice Broccoli Pineapple Fortune Cookie	Chicken Patty on a Bun Fries Peas Peaches	Cheesy Beef Burrito Spanish Rice Mexicorn Strawberries Sack Lunch only RG & WP	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Popcorn Chicken Mashed Potato w/gravy Corn Dinner Roll Peaches	Spaghetti with Meatballs Garlic Bread Broccoli Fruit Cup	Hot Dog on a Bun Baked Beans Carrots Pears Ketchup/Mustard	Grilled Cheese Tomato Soup Crackers Tossed Salad Pineapple	Sam's Pizza Cucumber Slices Ranch Dressing Applesauce
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Hard Shell Tacos Refried Beans Corn Pineapple	Little Franks 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
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Pork Roast Mashed Potato w/gravy Dinner Roll Green Beans Cinnamon Applesauce	Hamburger on a Bun Fries Carrots Fruit Cup	Corn Dog Baked Beans Peas Pears Ketchup	Soft Chicken Taco Corn Nacho Cheese Doritos Pineapple	<b>No School</b>
<b>29</b>	<b>30</b>			
Beefy Nachos Refried Beans Corn Pears	Chicken Patty on a Bun Fries Peas Peaches	<p><b>* Milk, Alternative fruit, and vegetable offered every meal</b></p> <p><b>* Alternative meal choice: Chef Salad offered at SMMS only</b></p> <p><b>* Alternative meal choice: Sun Butter Sack Lunch offered at WPES and RGS only</b></p>		

**MENU ITEMS SUBJECT TO CHANGE**