

April 2021

Detailed Allergy &
Nutrition Information

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

Basic Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
* Milk, Alternative fruit, and vegetable offered every meal			1	2
* Menu subject to change *			Sam's Pizza Baby Carrots Ranch Dressing Ice Cream Cup Fruit Juice	NO SCHOOL
5	6	7	8	9
Orange Chicken Rice Mixed Veggies Pears Fortune Cookie	Ravioli Garlic Bread Corn Peaches	Hot Dog Baked Beans Carrots Fruit Cup Ketchup/Mustard	Ham and Cheese Croissant Baked Chips Peas Mixed Fruit Mayo/Mustard	Sam's Pizza Cucumber Ranch Dressing Applesauce Fruit Juice
12	13	14	15	16
Meatball Sub Baked Chips Corn Pineapple	Little Franks Soft Pretzels Nacho Cheese Sauce Broccoli Applesauce	Chicken Patty Fries Peas Peaches Mayo/Ketchup	Bacon Egg/Cheese Bagel Hashbrown Patty Yogurt Mandarin Orange	Sam's Pizza Celery Sticks Fruit Cup Fruit Juice Ranch Dressing
19	20	21	22	23
Bosco Sticks Marinara Green Beans Peaches Pudding Cup	Cheeseburger Tator Tots / Pickle Mixed Fruit Ketchup/Mustard Stwby/Orng Jello	Chicken Nuggets Fries Corn Pears Ranch Dressing	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup Fruit Juice	NO SCHOOL
26	27	28	29	30
Soft Chicken Taco Baked Doritos Green Beans Fruit Cup	Mini Corn Dog Peas Grapes String Cheese Stick Ketchup/Mustard	Nachos Refried Beans Nacho Cheese Sauce Corn Orange Slices	Turkey Cheese Croissant Chex Mix Carrots Peaches Mayo/Mustard	Sam's Pizza Cucumber Ranch Dressing Apple Slices Fruit Juice
MENU ITEMS SUBJECT TO CHANGE				