

# August 2019

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</p> <p>* Alternative meal choice: Chef Salad offered at SMMS only</p> <p>* Alternative meal choice: Sun Butter Sack Lunch offered at WPES and RGS only</p>				
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
		Chicken Nuggets Fries Green Beans Peaches	French Toast Sticks Sausage Patty Hashbrown Patty Mandarin Orange	Sam's Pizza Baby Carrots Mixed Fruit
26	27	29		
Popcorn Chicken Mashed Potatoes Gravy Corn Dinner Roll / Applesauce	Hamburger on a Bun Fries Mixed Fruit Baby Carrots	Mini Corn Dog Baked Beans Celery Sticks Pears	Chicken Fajita Corn Nacho Cheese Chip Pineapple	Sam's Pizza Cucumber Ranch Dressing Peaches

**MENU ITEMS SUBJECT TO CHANGE**