

December 2018

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
<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>				
3	4	5	6	7
Popcorn Chicken Mashed Potato w/gravy Corn Dinner Roll Peaches	Spaghetti with Meatballs- RGS & WP Lasagna Rollups- SM Garlic Bread Broccoli / Fruit Cup	Hot Dog on a Bun Baked Beans Carrot Sticks Pears Ketchup/Mustard	Vegetable Beef Barley Soup Bosco Stick Crackers Sidekick / Pineapple	Sam's Pizza Cucumber Slices Ranch Dressing Applesauce
10	11	12	13	14
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 Strawberries Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
17	18	19	20	21
Roast Turkey Mashed Potato w/gravy Dinner Roll / Green Beans Cinnamon Applesauce Cookie	Hamburger on a Bun Fries Carrots Fruit Cup	Mini Corn Dog Baked Beans Peas Pears Ketchup	Bosco Stick Marinara Sauce Tossed Salad Ranch Dressing Fruit Cup	NO SCHOOL
24	25	26	27	28
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
MENU ITEMS SUBJECT TO CHANGE				