

# December 2019

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   |
|--|---|---|---|--|
| <b>2</b>   | <b>3</b>  | <b>4</b>  | <b>5</b>  | <b>6</b>   |
| Popcorn Chicken<br>Mashed Potatoes<br>Corn<br>Dinner Roll<br>Peaches | Ravioli<br>Garlic Bread<br>Broccoli<br>Fruit Cup                              | Hot Dog<br>Baked Beans<br>Carrots<br>Pears  | Chicken Tender<br>Tator Tots<br>Green Beans<br>Mixed Fruit                                    | Sam's Pizza<br>Cucumber<br>Ranch Dressing<br>Applesauce      |
| <b>9</b>   | <b>10</b>   | <b>11</b>   | <b>12</b>   | <b>13</b>  |
| Taco Beef Soft Shell<br>Refried Beans<br>Corn<br>Pineapple           | Little Franks<br>Pretzel Rods<br>Nacho Cheese Sauce<br>Broccoli<br>Applesauce | Chicken Nuggets<br>Fries<br>Green Beans<br>Peaches  | Croissant Breakfast Sandwich<br>Hashbrown Patty<br>Mandarin Orange<br>Fruitables              | Sam's Pizza<br>Tossed Salad<br>Ranch Dressing<br>Fruit Cup   |
| <b>16</b>  | <b>17</b>   | <b>18</b>   | <b>19</b>   | <b>20</b>  |
| Bosco Sticks<br>Marinara<br>Green Beans<br>Peaches                   | Cheeseburger w/ bacon<br>Fries<br>Carrots<br>Fruit Cup                        | Mini Corn Dog<br>Baked Beans<br>Peas<br>Pears   | Turkey Dinner<br>Mashed Potatoes w/ gravy<br>Dinner Roll / Corn<br>Cranberry Sauce<br>Dessert | Sam's Pizza<br>Baby Carrots<br>Ranch Dressing<br>Mixed Fruit |
| <b>23</b>  | <b>24</b>   | <b>25</b>   | <b>26</b>   | <b>27</b>  |
| <b>NO SCHOOL</b>   | <b>NO SCHOOL</b>  | <b>NO SCHOOL</b>  | <b>NO SCHOOL</b>  | <b>NO SCHOOL</b>   |
| <b>30</b>  | <b>31</b>   |   |   |  |
| <b>NO SCHOOL</b>   | <b>NO SCHOOL</b>  | <p>* Milk, Alternative fruit, and vegetable offered every meal<br/>                     * Alternative meal choice: Chef Salad offered at SMMS only<br/>                     * Alternative meal choice: Sack Lunch offered at WPES and RGS only<br/>                     Monday, Wednesday, Friday = Ham and Cheese sandwich   Tuesday, Thursday = Sunbutter sandwich"</p> |   |  |
| <b>MENU ITEMS SUBJECT TO CHANGE</b>                                  |   |   |   |  |