

# February 2019

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
<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>				1
4	5	6	7	8
Soft Chicken Taco Nacho Cheese Doritos Corn Pears	Hamburger on a Bun Fries Green Beans Peaches	Mini Corn Dogs Baked Beans Carrots Pineapple Ketchup	French Toast Sticks Sausage Patty Hashbrown Patty Strawberries Fruitables	Sam's Pizza Celery Ranch Dressing Fruit Cup
11	12	13	14	15
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 Carrot Sticks Pears Ketchup/Mustard	Grilled Cheese Tomato Soup Crackers Tossed Salad Pineapple	Sam's Pizza Cucumber Slices Ranch Dressing Applesauce
18	19	20	21	22
Beefy Nachos Refried Beans Corn Pineapple	Little Franks Soft Pretzel Nacho Cheese Carrots Applesauce	Chicken Nuggets Fries Green Beans Peaches	Croissant Breakfast Sandwich Hashbrown Patty Mixed Berries Fruitables	<b>No School</b>
25	26	27	28	
Pork Roast Mashed Potato w/gravy Dinner Roll Green Beans Cinnamon Applesauce	Hamburger on a Bun Fries Carrots Fruit Cup	Mini Corn Dog Baked Beans Celery Sticks Pears Ketchup	Soft Chicken Taco Corn Nacho Cheese Doritos Pineapple	
<b>MENU ITEMS SUBJECT TO CHANGE</b>				