

# February 2020

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
Orange Chicken Rice Mixed Veggies Pineapple Fortune Cookie	Chicken Patty Fries Peas Peaches	Mini Corn Dog Baked Beans Carrots Pears	French Toast Sticks Sausage Patty Hashbrown Patty Mandarin Orange Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>
Popcorn Chicken Mashed Potatoes Corn Dinner Roll Peaches	Ravioli Garlic Bread Broccoli Fruit Cup	Hot Dog Baked Beans Carrots Pears	Cheese Bosco Stick Chicken Rice Soup Crackers Tossed Salad Pineapple	Sam's Pizza Cucumber Ranch Dressing Applesauce
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>
Nachos Refried Beans Corn Pineapple	Little Franks Pretzel Rods Nacho Cheese Sauce Carrots Applesauce	Chicken Nuggets Fries Green Beans Peaches	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup	<b>NO SCHOOL</b>
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>
Bosco Sticks Marinara Green Beans Peaches	Cheeseburger w/ bacon Fries Fruit Cup Pickle	BBQ pork sandwiches Baked Beans Peas Pears	Sam's Pizza Cucumber Ranch Dressing Mixed Fruit	<b>NO SCHOOL</b>

\* Milk, Alternative fruit, and vegetable offered every meal  
 \* Alternative meal choice: Chef Salad offered at SMMS only  
 \* Alternative meal choice: Sack Lunch offered at WPES and RGS only  
 Monday, Wednesday, Friday = Ham and Cheese sandwich  
 Tuesday, Thursday = Sunbutter sandwich

**MENU ITEMS SUBJECT TO CHANGE**