

January 2019

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
			3	4
<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>			NO SCHOOL	NO SCHOOL
7	8	9	10	11
Beefy Nachos Refried Beans Corn Pears	Chicken Patty on a Bun Fries Peas Peaches	Orange Chicken Rice Broccoli Pineapple Fortune Cookie	French Toast Sticks Sausage Patty Hashbrown Patty Mandarin Oranges Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
14	15	16	17	18
Popcorn Chicken Mashed Potato w/gravy Corn Dinner Roll Peaches	Spaghetti with Meatballs- RG & WP Lasagna Rollup- SM Garlic Bread Broccoli / Fruit Cup	Hot Dog on a Bun Baked Beans Carrot Sticks Pears Ketchup/Mustard	Bosco Stick Chicken Rice Soup Crackers Tossed Salad Pineapple	Sam's Pizza Cucumber Slices Ranch Dressing Applesauce
21	22	23	24	25
Crispy Tortilla Roll ups w/ Sour Cream Refried Beans Corn Pineapple	Little Franks Soft Pretzel Nacho Cheese Broccoli Applesauce	Chicken Nuggets Fries Green Beans Peaches	Croissant Breakfast Sandwich Hashbrown Patty Mandarin Oranges Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
28	29	30	31	
Pork Roast Mashed Potato w/gravy Dinner Roll Green Beans Cinnamon Applesauce	Hamburger on a Bun Fries Carrots Fruit Cup	Corn Dog Baked Beans Celery Sticks Pears Ketchup	Soft Chicken Taco Corn Nacho Cheese Doritos Pineapple	
MENU ITEMS SUBJECT TO CHANGE				