

January 2020

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
<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: Sack Lunch offered at WPES and RGS only Monday, Wednesday, Friday = Ham and Cheese sandwich</p>		NO SCHOOL	NO SCHOOL	NO SCHOOL
6	7	8	9	10
French Toast Sticks Sausage Patty Hashbrown Patty Mandarin Orange Fruitables	Chicken Patty Fries Peas Peaches	Orange Chicken Rice Mixed Veggies Pineapple Fortune Cookie	Nachos Refried Beans Corn Pears	Sam's Pizza Baby Carrots Ranch Dressing Mixed Fruit
13	14	15	16	17
Popcorn Chicken Mashed Potatoes Corn Dinner Roll Peaches	Ravioli Garlic Bread Tossed Salad Fruit Cup	Hot Dog Baked Beans Carrots Pears	Sam's Pizza Cucumber Ranch Dressing Applesauce	NO SCHOOL
20	21	22	23	24
NO SCHOOL	Little Franks Pretzel Rods Nacho Cheese Sauce Broccoli Applesauce	Chicken Nuggets Fries Green Beans Peaches	Croissant Breakfast Sandwich Hashbrown Patty Mandarin Orange Fruitables	Sam's Pizza Tossed Salad Ranch Dressing Fruit Cup
27	28	29	30	31
Chicken Tender Tator Tots Green Beans Peaches	Cheeseburger w/ bacon Fries Fruit Cup Pickle	Mini Corn Dog Baked Beans Peas Pears	Soft Chicken Taco Corn Nacho Cheese Chip Pineapple	Sam's Pizza Baby Carrots Ranch Dressing Mixed Fruit

MENU ITEMS SUBJECT TO CHANGE