

March 2019

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
1				
<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>				
4	5	6	7	8
No School	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
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 Carrots Pears Ketchup/Mustard	Chicken Rice Soup Bosco Crackers Tossed Salad Pineapple	Sam's Pizza Cucumber Slices Ranch Dressing Applesauce
18	19	20	21	22
Beefy Nachos Refried Beans Corn Pears	Chicken Nuggets Fries Green Beans Peaches	Little Franks Soft Pretzel Nacho Cheese Broccoli Applesauce	Croissant Breakfast Sandwich Hashbrown Patty Berry Cup Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
25	26	27	28	29
No School	No School	No School	No School	No School

MENU ITEMS SUBJECT TO CHANGE