

March 2020

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
NO SCHOOL	Chicken Patty Fries Peas Peaches	Orange Chicken Rice Mixed Veggies Pineapple Fortune Cookie	French Toast Sticks Sausage Patty Hashbrown Patty Mandarin Orange Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
9	10	11	12	13
Popcorn Chicken Mashed Potatoes Corn Dinner Roll Peaches	Ravioli Garlic Bread Broccoli Fruit Cup	Hot Dog Baked Beans Carrots Pears	Grilled Cheese Tomato Soup Crackers Tossed Salad Pineapple	Sam's Pizza Cucumber Ranch Dressing Applesauce
16	17	18	19	20
Nachos Refried Beans Corn Pears	Chicken Nuggets Fries Green Beans Peaches	Little Franks Pretzel Rods Nacho Cheese Sauce Broccoli Applesauce	Croissant Breakfast Sandwich Hashbrown Patty Mandarin Orange Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
23	24	25	26	27
NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL	NO SCHOOL
30	31	<p style="text-align: center;">* 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</p>		
Chicken Tender Tator Tots Green Beans Peaches	Soft Chicken Taco Corn Nacho Cheese Chip Pineapple			
MENU ITEMS SUBJECT TO CHANGE				