

May 2019

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Orange Chicken Rice Broccoli Pineapple Fortune Cookie	French Toast Sticks Sausage Patty Hashbrown Patty Berry Cup Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
6	7	8	9	10
Popcorn Chicken Mashed Potato w/gravy Corn Dinner Roll Side Kick	Mostaccioli with Meatballs RGS/WP Lasagna SMMS Garlic Bread Broccoli / Fruit Cup	Hot Dog on a Bun Baked Beans Carrots Pears Ketchup/Mustard	Bosco Stick Chicken Rice Soup Crackers Tossed Salad Pineapple	Sam's Pizza Cucumber Slices Ranch Dressing Applesauce
13	14	15	16	17
Soft Shell Tacos 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
20	21	22	23	24
Beefy Nachos Refried Beans Corn Applesauce	Hamburger on a Bun Fries Carrots Fruit Cup	Mini Corn Dogs Assorted Chips Celery Sticks Pears Ketchup	Cook's Choice	Sam's Pizza Tossed Salad Ranch Dressing Fruit Cup
27	28	29		
No School	Cook's Choice	Cook's Choice	<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>	

MENU ITEMS SUBJECT TO CHANGE