

# November 2018

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* <b>Milk, Alternative fruit, and vegetable offered every meal</b></p> <p>* <b>Alternative meal choice: Chef Salad offered at SMMS only</b></p> <p>* <b>Alternative meal choice: Sun Butter Sack Lunch offered at WPES and RGS only</b></p>			1	2
			Orange Chicken Rice Broccoli Pineapple	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
5	6	7	8	9
Popcorn Chicken Mashed Potato w/gravy Corn Dinner Roll Peaches	Spaghetti with Meatballs- RGS & WP Lasagna Rollups- SM Garlic Bread Green Beans / Fruit Cup	Hot Dog on a Bun Baked Beans Carrot Sticks Pears Ketchup/Mustard	Bosco Sticks Tossed Salad Ranch Dressing Pineapple	<b>NO SCHOOL</b>
12	13	14	15	16
Crispy Tortilla Rollups 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 Strawberries	<b>NO SCHOOL</b>
19	20	21	22	23
Turkey Roast Mashed Potato w/gravy Dinner Roll / Green Beans Cinnamon Applesauce Dessert	Hamburger on a Bun Fries Carrots Fruit Cup	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>	<b>NO SCHOOL</b>
26	27	28	29	30
Beefy Nachos Refried Beans Corn Pears	Chicken Patty on a Bun Savory Fries Peas Peaches	Orange Chicken Rice Broccoli Pineapple Fortune Cookie	French Toast Sausage Patty Hashbrown Patty Mandarin Oranges Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup

**MENU ITEMS SUBJECT TO CHANGE**