

November 2019

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
<p>* 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>				1
4	5	6	7	8
Popcorn Chicken Mashed Potatoes Corn Dinner Roll Peaches	Ravioli Garlic Bread Tossed Salad Mixed Fruit	Hot Dog Baked Beans Carrots Pears	Croissant Breakfast Sandwich Hashbrown Patty Mandarin Orange Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Pineapple
11	12	13	14	15
Orange Chicken Rice Mixed Veggies Pineapple Fortune Cookie	Little Franks Pretzel Rods Nacho Cheese Sauce Broccoli Fruit Cup	Chicken Nuggets Fries Green Beans Peaches	Sam's Pizza Tossed Salad Ranch Dressing Pears	NO SCHOOL
18	19	20	21	22
French Toast Sticks Sausage Patty Hashbrown Patty Mandarin Orange Fruitables	Hamburger on a Bun Fries Carrots Applesauce	Chicken Patty Fries Peas Fruit Cup	Sam's Pizza Baby Carrots Ranch Dressing Pineapple	NO SCHOOL
25	26	27	28	29
Walking Taco Baked Doritos Refried Beans Corn Pears	Turkey Gravy Mashed Potatoes Dinner Roll Green Beans Cranberry Sauce / Dessert	NO SCHOOL	NO SCHOOL	NO SCHOOL

MENU ITEMS SUBJECT TO CHANGE