

# October 2018

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Beefy Nachos Refried Beans Corn Pears	Chicken Patty on a Bun Savory Fries Peas Peaches	French Toast Sticks Sausage Patty Hashbrown Patty Strawberries Fruitables	Bosco Stick Marina Sauce Tossed Salad Ranch Dressing Fruit Cup	<b>NO SCHOOL</b>
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>NO SCHOOL</b>	Spaghetti with Meatballs Garlic Bread Broccoli Fruit Cup	Hot Dog on a Bun Baked Beans Carrot Sticks Pears Ketchup/Mustard	Grilled Cheese Tomato Soup Crackers Tossed Salad Pineapple	Sam's Pizza Cucumber Slices Ranch Dressing Applesauce
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Hard Shell Tacos Refried Beans Corn Pineapple	Little Franks Pretzel Rods Nacho Cheese Broccoli Applesauce	Chicken Nuggets Savory Fries Green Beans Peaches	Croissant Breakfast Sandwich Hashbrown Patty Mandarin Oranges Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Popcorn Chicken Mashed Potato w/gravy Dinner Roll Green Beans Cinnamon Applesauce	Hamburger on a Bun Fries Carrots Fruit Cup	Mini Corn Dogs Baked Beans Celery Sticks Pears Ketchup	Soft Chicken Taco Corn Nacho Cheese Doritos Pineapple	Sam's Pizza Tossed Salad Ranch Dressing Peaches
<b>29</b>	<b>30</b>	<b>31</b>		
Beefy Nachos Refried Beans Corn Pears	Chicken Patty on a Bun Savory Fries Peas Peaches	"I am Groot" Sticks Capt. America Sausage Hulk Smash Browns The Mandarin's Fruit X-Men Cooler	<p>* Milk, Alternative fruit, and vegetable offered every meal</p> <p>* Alternative meal choice: Chef Salad <b>offered at SMMS only</b></p> <p>* Alternative meal choice: Sun Butter Sack Lunch <b>offered at WPES and RGS only</b></p>	

**MENU ITEMS SUBJECT TO CHANGE**