

# October 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	4
<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>	Nachos Refried Beans Corn Pears	French Toast Sticks Sausage Patty Hashbrown Patty Mandarin Orange Fruitables	Bosco Stick Marinara Tossed Salad Ranch Dressing Mixed Fruit	Sam's Pizza Cucumber Ranch Dressing Applesauce
7	8	9	10	11
Popcorn Chicken Mashed Potatoes Corn Dinner Roll Peaches	Ravioli Garlic Bread Broccoli Mixed Fruit	Hot Dog Baked Beans Baby Carrots Pears	Grilled Cheese Tomato Soup Crackers Tossed Salad Pineapple	<b>No School</b>
14	15	16	17	18
<b>No School</b>	Little Franks Pretzel Rods Nacho Cheese Sauce Broccoli Applesauce	Chicken Nuggets Fries Green Beans Peaches	Croissant Breakfast Sandwich Hashbrown Patty Mandarin Orange Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Mixed Fruit
21	22	23	24	25
Chicken Tender Fries Green Beans Applesauce	Hamburger on a Bun Fries Carrots Mixed Fruit	Mini Corn Dog Baked Beans Celery Sticks Pears	Chicken Fajita Corn Nacho Cheese Chip Pineapple	Sam's Pizza Tossed Salad Ranch Dressing Peaches
28	29	30	31	
Chicken Patty Fries Peas Peaches	Nachos Refried Beans Corn Pears	French Toast Sticks Sausage Patty Hashbrown Patty Mandarin Orange Fruitables	Ghoulish Meatball Sub Chili Cheese Fingers Scare-its Mummy Caramel Apple Bites	<p><b>* Alternative meal choice: Sun Butter Sack Lunch offered at WPES and RGS only</b></p>

**MENU ITEMS SUBJECT TO CHANGE**