

September 2019

Basic Nutrition Information

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

Detailed Allergy & Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
NO SCHOOL	Chicken Patty on a Bun Savory Fries Peas Peaches	Orange Chicken Rice Broccoli Pineapple Fortune Cookie	French Toast Sticks Sausage Patty Hashbrown Patty Mandarin Oranges Fruitables	Sam's Pizza Baby Carrots Ranch Dressing Fruit Cup
9	10	11	12	13
Popcorn Chicken Mashed Potato w/gravy Corn Dinner Roll Peaches	Ravoli w/ meat sauce Garlic Bread Broccoli Sidekick	Hot Dog on a Bun Baked Beans Carrot Sticks Pears Ketchup/Mustard	Bosco Stick Chicken Rice Soup Crackers Tossed Salad Pineapple	Sam's Pizza Cucumber Slices Ranch Dressing Applesauce
16	17	18	19	20
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
23	24	25	26	27
Cook's Choice	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
30				
		<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