

Rogers Public Schools

K-5 LUNCH MENU

Dec 20, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
	Jan - 1 NO SCHOOL TODAY	Jan - 2 NO SCHOOL TODAY	Jan - 3 HOLIDAY	Jan - 4 NO SCHOOL TODAY
Jan - 7 NO SCHOOL TODAY	Jan - 8 CHICK'N QUESADILLAS "MADE FRESH" SALSA REFRIED BEANS "OR" HAM & CHS CROISSANT BAKED CHIPS CHOICE OF SIDES BABY CARROTS GARDEN SALAD HONEY MUSTARD ORANGE WEDGES-6 MILK choice	Jan - 9 CHEESEBURGER "OR" WG CHICKEN NUGGETS CHOICE OF SIDES SEAS POTATO WEDGES SWEET CORN SPINACH SALAD W/FRUIT GRAPES,Fresh KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	Jan - 10 BEEF FINGERS MASHED POTATOES BROWN GRAVY BROCCOLI SPEARS WHEAT ROLL JELLY "OR" MEATLESS CHEF SALAD RANCH DRESSING VANILLA BEAR GRAHAM CHOICE OF SIDES FRUIT CUP MILK choice	Jan - 11 CHEESE PIZZA SLICE "OR" SPICY CHICK STRIPS CHOICE OF SIDES SEASONED GREEN BEAN BABY CARROTS and CELERY STICKS RANCH DRESSING FRUIT CUP MILK choice
Jan - 14 "BRKFAST FOR LUNCH" PANCAKES & SAUSAGE YOGURT CUP "OR" CHARBROIL BURGER KRINKLE FRIES LETTUCE&PICKLE CUP CHOICE OF SIDES DRAGON JUICE BEANS IN SAUCE ORANGE WEDGES-6 KETCHUP MUSTARD PKT MILK choice	Jan - 15 CHICKEN TAQUITOS QUESO BLANCO "OR" SPICY CHICKEN WRAP CHOICE OF SIDES BROCCOLI SPEARS GARDEN SALAD RANCH DRESSING CHOCOLATE CHIP COOKI FRUIT CUP MILK choice	Jan - 16 HOMESTYLE VEG BEEF SOUP GOLDFISH CRACKERS "AND" TOASTED HAM & CHEESE "OR" DELI TURKEY MINI SUB CHOICE OF SIDES BABY CARROTS and CELERY STICKS SANDWICH SALAD CUP MAYO PKT FRESH FRUIT BOWL MILK choice	Jan - 17 CRISPY CHICKEN STRIPS MASHED POTATOES CHICKEN GRAVY SWEET CORN "OR" CHEF SALAD W/HAM&TU RANCH DRESSING CHOICE OF SIDES FRUIT CUP CHOCOLATE BEAR GRAHAM MILK choice	Jan - 18 CHEESE PIZZA SLICE "OR" BAKED POTATO WITH TOPPINGS CHILI CHOICE OF SIDES GARDEN SALAD RANCH DRESSING SEASONED GREEN BEAN FRUIT CUP CRACKERS, CHEESE-IT, B MILK choice
Jan - 21 NO SCHOOL TODAY	Jan - 22 CHARBROIL BURGER LETTUCE&PICKLE CUP "OR" WG MINI CORN DOGS CHOICE OF SIDES KRINKLE FRIES BABY CARROTS and CELERY STICKS BEANS IN SAUCE KETCHUP MUSTARD PKT RANCH DRESSING STRAWBERRY CUP MILK choice	Jan - 23 ROAST PORK CHEESEY MASHED POTATOES Wheat Roll MIXED VEGETABLES "OR" DELI TURKEY MINI SUB BAKED CHIPS SANDWICH SALAD CUP CHOICE OF SIDES COLESLAW GRAPES,Fresh RANCH DRESSING MILK choice	Jan - 24 WG FISH STIX "OR" WG CHICKEN NUGGETS CHOICE OF SIDES MAC & CHEESE SEASONED GREEN BEAN APPLE WEDGES KETCHUP MILK choice	Jan - 25 CHEESE PIZZA SLICE "OR" FRENCH BREAD PIZZA CHOICE OF SIDES BROCCOLI SPEARS BABY CARROTS RANCH DRESSING FRESH EDAMAME SALAD FRUIT CUP MILK choice

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 28 CHARBROIL BURGER "OR" WG CHICKEN NUGGETS CHOICE OF SIDES KRINKLE FRIES SWEET CORN FRUIT CUP KETCHUP MUSTARD PKT MILK choice	Jan - 29 PIG-IN-A-BLANKET "OR" BBQ RIB HOAGIE PICKLE SPEAR CHOICE OF SIDES MIXED VEGETABLES BAKED BEANS KETCHUP MUSTARD PKT FRUIT CUP MILK choice	Jan - 30 MAC & CHEESE BROCCOLI SPEARS HONEY YEAST ROLL JELLY "OR" COMBO MINI-SUB BAKED CHEETOS SANDWICH SALAD CUP CHOICE OF SIDES FRESH EDAMAME SALAD RANCH DRESSING FRUIT CUP MILK choice	Jan - 31 CHICKEN DRUMSTICK BROCC, CHEESE & RICE CASSEROLE GARLIC KNOT VEG MEDLEY (brocc,caulif,carrots) "OR" MEATLESS CHEF SALAD CHEEZ-IT WG CRACKERS RANCH DRESSING FROZEN JUICE TREAT MILK choice	

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