

Rogers Public Schools
K-5 LUNCH MENU 4 week cycle
2nd Entree Choice for Designated Grades

Monday	Tuesday	Wednesday	Thursday	Friday
		Mar - 1 CRISPY CHICKEN SAND "OR" DELI TURKEY MINI SUB CHOICE OF SIDES SANDWICH SALAD CUP POTATO SALAD BAKED CHIPS BABY CARROTS W/ RANCH APPLESAUCE MILK choice	Mar - 2 BEEF FINGERS MASHED POTATOES BROWN GRAVY BROCCOLI SPEARS Wheat Roll "OR" CHEF SALAD RANCH DRESSING CRACKER BITES CHOICE OF SIDES CHOICE OF FRUIT MILK choice	Mar - 3 CHEESE NACHOS "OR" PEPPERONI PIZZA SLICE CHOICE OF SIDES SWEET CORN BABY CARROTS and CELERY STICKS RANCH DRESSING CHOICE OF FRUIT "HAPPY BIRTHDAY" ICE CREAM TREAT MILK choice
Mar - 6 ALL BEEF HOT DOG BAKED CHIPS "OR" WG CHICKEN NUGGETS BBQ SAUCE Wheat Roll CHOICE OF SIDES BAKED BEANS CUCUMBERS /TOMATOES RANCH DRESSING GRAPES,Fresh KETCHUP \$ MUSTARD MILK choice	Mar - 7 GLAZED CHICKEN DRUMSTICK BBQ SAUCE Wheat Roll "OR" MEATBALL HOAGIE CHOICE OF SIDES TATER TOTS KETCHUP SEASONED GREEN BEAN BROCC & CARROT DIPPERS CHOICE OF FRUIT MILK choice	Mar - 8 BEEF BURRITO "OR" CHICKEN FAJITA SOFT TACO CHOICE OF SIDES SOUTHWESTERN PINTO BEANS SWEET CORN "MADE FRESH" SALSA TORTILLA CHIPS CHOICE OF FRUIT MILK choice	Mar - 9 ROAST PORK CRANBERRY SAUCE MASHED POTATOES BROWN GRAVY WHEAT ROLL JELLY "OR" TURKEY SPINACH WRAP PRETZELS CHOICE OF SIDES VEG MEDLEY (brocc,caulif,carrots) GARDEN SALAD RANCH DRESSING CHOICE OF FRUIT MILK choice	Mar - 10 WG CHEESE PIZZA SWEET CORN "OR" CHEF SALAD RANCH DRESSING BREADSTICK CHOICE OF SIDES FRESH EDAMAME CHOICE OF FRUIT MILK choice
Mar - 13 BBQ RIB HOAGIE PICKLE SPEAR "OR" CHARBROIL BURGER KETCHUP \$ MUSTARD SANDWICH SALAD CUP CHOICE OF SIDES SEAS POTATO WEDGES PORK AND BEANS CHOICE OF FRUIT MILK choice	Mar - 14 CRISPY CHICKEN SAND "OR" DELI TURKEY KAISER CHOICE OF SIDES BAKED CHEETOS BABY CARROTS GARDEN SALAD LOW FAT RANCH DRESSI MAYO PKT MUSTARD PKT ORANGE WEDGES-6 MILK choice	Mar - 15 CRUNCHY TACOS TACO SAUCE CORN with PEPPERS "OR" HAWAIIAN CHICKEN WRAP CHEESE STICK COLESLAW CRISPY RICE CHIPS CHOICE OF SIDES PINEAPPLE CHUNKS MILK choice	Mar - 16 WG CHICKEN NUGGETS "OR" MEATBALLS IN BBQ SAUC CHOICE OF SIDES Wheat Roll KRINKLE FRIES BROCCOLI SPEARS CUCUMBERS /TOMATOES RANCH DRESSING CHOICE OF FRUIT MILK choice	Mar - 17 STUFFED CRUST WG PEPPERONI PIZZA "OR" CHICK'N QUESADILLA CHEESE SAUCE CHOICE OF SIDES SEASONED GREEN BEAN BABY CARROTS and CELERY STICKS FRESH FRUIT BOWL MILK choice
Mar - 20 SPRING BREAK	Mar - 21 SPRING BREAK	Mar - 22 SPRING BREAK	Mar - 23 SPRING BREAK	Mar - 24 SPRING BREAK

**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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Feb 27, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 27 NO SCHOOL TODAY	Mar - 28 CHARBROIL BURGER SANDWICH SALAD CUP "OR" WG MINI CORN DOGS CHOICE OF SIDES SEASONED POTATO STIX PICKLE SLICES KETCHUP MUSTARD PKT PORK AND BEANS CHOICE OF FRUIT MILK choice	Mar - 29 Breakfast at Lunch BISCUIT AND GRAVY SAUSAGE LINKS (216419) TATER TOTS KETCHUP "OR" CHICKEN TAQUITOS NACHO CHEESE SAUCE (SOUTHWESTERN PINTO BEANS "MADE FRESH" SALSA CHOICE OF SIDES CHERRY TOMATOES ORANGE WEDGES-6 MILK choice	Mar - 30 BAKED LASAGNA BREADSTICK "OR" GRILLED CHICK'N SANDW CHOICE OF SIDES GARDEN SALAD HONEY MUSTARD BROCCOLI SPEARS APPLE WEDGES MILK choice	Mar - 31 WG CHEESE PIZZA "OR" DELI HAM MINI-SUB BAKED CHIPS CHOICE OF SIDES VEG MEDLEY (brocc,caulif,carrots) BABY CARROTS W/ RANCH CHOICE OF FRUIT MILK choice

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