Rogers Public Schools

MIDDLE SCHOOL CHOICE MENU

Feb 22, 2017

4 Week Cycle Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		Mar - 1 BBQ PULLED PORK SAND BAKED BEANS COLESLAW WG CHICKEN NUGGETS 100% BEEF BURGER ON WG BUN FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) CHICKEN SALAD ON CROISSANT SPICY CHICKEN WRAP BAKED CHIPS VEGGIE CHEF SALAD STRAWBERRY DINO GRA SANDWICH SALAD CUP CUCUMBERS /TOMATOES FRESH EDAMAME CHOICE OF FRUIT KETCHUP MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice	Mar - 2 YOUR WAY BURGER DAY SPICY CHICKEN SANDWI FRENCH FRIES CINNAMON KNOTS DELI TURKEY KAISER CL COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES SANDWICH SALAD CUP SPINACH SALAD W/FRUIT BABY CARROTS and CELERY STICKS POTATO SALAD FRESH FRUIT BOWL MUSTARD PKT LOW FAT RANCH DRESSI MILK choice	Mar - 3 CHOOSE YOUR PIZZA 100% BEEF BURGER ON WG BUN HOT DOG W/CHILI SWEET CORN BAKED POTATO WEDGES TURKEY&PROVOLONE ON CIABATTA ROLL COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN SALAD SANDWICH SALAD CUP FRESH EDAMAME BROCC-PINEAPPLE SALAD CHOICE OF FRUIT MUSTARD PKT LITE RANCH Sandwich Dressing MILK choice
Mar - 6 MAC & CHEESE BREADED BEEF FRITTER WHEAT ROLL SEASONED GREEN BEAN GRILLED CHICK'N SANDW 100% BEEF BURGER ON WG BUN FRENCH FRIES HAM &PEPPERJACK CHE on CIABATTA COMBO MINI SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES SANDWICH SALAD CUP GARDEN SALAD BABY CARROTS POTATO SALAD PORK AND BEANS CHOICE OF FRUIT LOW FAT RANCH DRESSI KETCHUP MUSTARD PKT MILK choice	Mar - 7 CRUNCHY TACOS SOUTHWESTERN PINTO BEANS "MADE FRESH" SALSA MEXICAN COLE SLAW ALL BEEF BURGER on WG BUN CHICK'N FILET SANDWIC W/ PROVOLONE CHEESE FRENCH FRIES HAM &PEPPERJACK CHE on CIABATTA COMBO MINI-SUB BAKED CHIPS COTTAGE CHEESE &FRUI CHEESE STICK HONEY GRAHAMS VEGGIE CHEF SALAD CRACKER BITES SANDWICH SALAD CUP BLACK BEAN SALAD CHOICE OF FRUIT KETCHUP LOW FAT RANCH DRESSI Sandwich Dressing MUSTARD PKT MILK choice	Mar - 8 CHICKEN BREAST TENDE WHEAT ROLL 100% BEEF BURGER ON WG BUN FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) SPICY CHICKEN WRAP CHICKEN SALAD ON CROISSANT DELI HAM KAISER BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN SALAD SANDWICH SALAD CUP CUCUMBERS /TOMATOES FRESH EDAMAME CHOICE OF FRUIT KETCHUP MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice	Mar - 9 YOUR WAY-SUB DAY BAKED CHIPS SEAFOOD BASKET CHARBROIL BURGER FRENCH FRIES DELI TURKEY KAISER CL COMBO MINI-SUB VEGGIE CHEF SALAD HONEY GRAHAMS SANDWICH SALAD CUP SPINACH SALAD W/FRUIT BABY CARROTS and CELERY STICKS POTATO SALAD CHOICE OF FRUIT MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice	Mar - 10 STUFFED CRUST WG PEPPERONI PIZZA CHICKEN PARMESAN FLATMELT 100% BEEF BURGER ON WG BUN KRINKLE FRIES SWEET CORN TURKEY&PROVOLONE ON CIABATTA ROLL HAWAIIAN CHICKEN WRAP BAKED CHIPS COMBO CHEF SALAD STRAWBERRY DINO GRA GARDEN SALAD SANDWICH SALAD CUP FRESH EDAMAME BROCC-PINEAPPLE SALAD CHOICE OF FRUIT MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing 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.**

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Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 13 GENERAL TSO'S SPICY CHICKEN LO MEIN NOODLES BROCCOLI SPEARS EGG ROLL GRILLED CHICK'N SANDW 100% BEEF BURGER ON WG BUN FRENCH FRIES DELI TURKEY KAISER CL COMBO MINI-SUB BAKED CHIPS COMBO CHEF SALAD HONEY GRAHAMS SANDWICH SALAD CUP BROCC-PINEAPPLE SALAD GARDEN SALAD BABY CARROTS POTATO SALAD CHOICE OF FRUIT Sandwich Dressing KETCHUP MUSTARD PKT LITE RANCH MILK choice	Mar - 14 MEATBALL SUB ONION RINGS ALL BEEF BURGER on WG BUN FLATBREAD CHICK MELT FRENCH FRIES HAM &PEPPERJACK CHE on CIABATTA COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES COLESLAW SANDWICH SALAD CUP BLACK BEAN SALAD CHOICE OF FRUIT KETCHUP LOW FAT RANCH DRESSI Sandwich Dressing MUSTARD PKT MILK choice	Mar - 15 WG CHICKEN NUGGETS 100% BEEF BURGER ON WG BUN FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) CHICKEN SALAD ON CROISSANT COMBO MINI-SUB SPICY CHICKEN WRAP BAKED CHIPS COMBO CHEF SALAD GRAHAM CRACKERS GARDEN SALAD SANDWICH SALAD CUP CUCUMBERS /TOMATOES FRESH EDAMAME CHOICE OF FRUIT KETCHUP MUSTARD PKT LOW FAT RANCH DRESSI MILK choice	Mar - 16 ROAST PORK CRANBERRY SAUCE MASHED POTATOES BROWN GRAVY SWEET CORN WHEAT ROLL 100% BEEF BURGER ON WG BUN SPICY CHICKEN SANDWI FRENCH FRIES DELI TURKEY KAISER CL COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD CHOCOLATE BEAR GRAHAM SANDWICH SALAD CUP SPINACH SALAD W/FRUIT BABY CARROTS and CELERY STICKS POTATO SALAD CHOICE OF FRUIT MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice	Mar - 17 CHOOSE YOUR PIZZA 100% BEEF BURGER ON WG BUN ALL BEEF HOT DOG SWEET CORN TATER TOTS TURKEY&PROVOLONE ON CIABATTA ROLL COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN SALAD SANDWICH SALAD CUP FRESH EDAMAME BROCC-PINEAPPLE SALAD CHOICE OF FRUIT MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing MILK choice
Mar - 20 SPRING BREAK	Mar - 21 SPRING BREAK	Mar - 22 SPRING BREAK	Mar - 23 SPRING BREAK	Mar - 24 SPRING BREAK
Mar - 27 NO SCHOOL TODAY	Mar - 28 TACO SALAD BOWL (w/lettuce, cheese, tom) SOUTHWESTERN PINTO BEANS ALL BEEF BURGER on WG BUN CHICK'N FILET SANDWIC W/ PROVOLONE CHEESE FRENCH FRIES HAM &PEPPERJACK CHE on CIABATTA COMBO MINI-SUB BAKED CHIPS COTTAGE CHEESE &FRUI CHEESE STICK VEGGIE CHEF SALAD CRACKER BITES MEXICAN COLE SLAW SANDWICH SALAD CUP BLACK BEAN SALAD FRESH FRUIT BOWL KETCHUP LOW FAT RANCH DRESSI Sandwich Dressing MUSTARD PKT MILK choice	Mar - 29 BAKED LASAGNA BREADSTICK BROCCOLI SPEARS 100% BEEF BURGER ON WG BUN BBQ PULLED PORK SAND FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) HAM & CHS KAISER SPICY CHICKEN WRAP BAKED CHIPS VEGGIE CHEF SALAD HONEY GRAHAMS GARDEN SALAD SANDWICH SALAD CUP CUCUMBERS /TOMATOES FRESH EDAMAME FRESH FRUIT BOWL KETCHUP MUSTARD PKT LOW FAT RANCH DRESSI MILK choice	Mar - 30 YOUR WAY-SUB DAY BAKED CHIPS 100% BEEF BURGER ON WG BUN CHICK'N FILET SANDWIC FRENCH FRIES DELI TURKEY KAISER CL COMBO MINI-SUB COMBO CHEF SALAD CHOCOLATE BEAR GRAHAM SANDWICH SALAD CUP SPINACH SALAD W/FRUIT BABY CARROTS and CELERY STICKS POTATO SALAD CHOICE OF FRUIT MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing MILK choice	Mar - 31 STUFFED CRUST WG PEPPERONI PIZZA SPICY CHICKEN SANDWI 100% BEEF BURGER ON WG BUN SEASONED POTATO STIX SWEET CORN HAM &PEPPERJACK CHE on CIABATTA HAWAIIAN CHICKEN WRAP BAKED CHIPS VEGGIE CHEF SALAD CHOCOLATE BEAR GRAHAM GARDEN SALAD SANDWICH SALAD CUP FRESH EDAMAME BROCC-PINEAPPLE SALAD CHOICE OF FRUIT MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice

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