

Rogers Public Schools

SENIOR HIGH LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 "YANG'S CHINESE" MANDARIN ORANGE CHIC "OR" LEMON GRASS CHICKEN FRIED RICE BROCCOLI SPEARS EGG ROLL FORTUNE COOKIE GRILLED CHICK'N SANDW CHARBROILED BURGER FRENCH FRIES TURKEY&SWISS HAM &PEPPERJACK CHE on CIABATTA BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD CRACKER BITES POTATO SALAD GARDEN BAR FRUIT CUP FRUIT JUICE Sandwich Dressing KETCHUP MUSTARD PKT LITE RANCH MILK choice	Dec - 4 STREET TACOS PORK CARNITAS CRUNCHY TACOS TACO TOPPERS "MADE FRESH" SALSA REFRIED BEANS CHICK'N FILET SANDWIC W/ SWISS CHEESE CHARBROILED BURGER FRENCH FRIES TURKEY & CHEESE SAND COMBO MINI-SUB BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR FRUIT CUP FRESH FRUIT BOWL KETCHUP LOW FAT RANCH DRESSI Sandwich Dressing MUSTARD PKT 1% MILK CHOC FF MILK	Dec - 5 BRD CHICKEN TENDERS MASHED POTATOES CREAM GRAVY BRD CHICKEN TENDERS STEAK BURGER w/CHEES FRENCH FRIES SEASONED GREEN BEAN COMBO MINI-SUB HAM &PEPPERJACK CHE on CIABATTA BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR CUCUMBERS /TOMATOES FRUIT CUP FRESH FRUIT BOWL KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	Dec - 6 YOUR WAY-SUB DAY YOUR WAY BURGER DAY FRENCH BREAD PIZZA DIPPING SAUCE CHICK'N FILET SANDWIC FRENCH FRIES FLATBREAD TURKEY CLU COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD CRACKER BITES SANDWICH SALAD CUP SPINACH SALAD W/FRUIT BABY CARROTS and CELERY STICKS POTATO SALAD FRUIT CUP FRESH FRUIT BOWL MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing MILK choice	Dec - 7 CHOOSE YOUR PIZZA MAC & CHEESE CHICKEN BREAST BITES CHARBROILED BURGER WG FISH STIX KRINKLE FRIES PEAS & CARROTS TURKEY&SWISS HAM & CHS KAISER BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR BROCC-PINEAPPLE SALAD FRUIT CUP FRUIT JUICE MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing 1% MILK CHOC FF MILK
Dec - 10 "YANG'S CHINESE" BBQ TERIYAKI CHICKEN "OR" LEMON GRASS CHICKEN LO MEIN NOODLES & VEGETABLES BROCCOLI SPEARS EGG ROLL FORTUNE COOKIE GRILLED CHICK'N SANDW CHARBROILED BURGER FRENCH FRIES TURKEY&SWISS HAM &PEPPERJACK CHE on CIABATTA BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD CRACKER BITES POTATO SALAD GARDEN BAR FRUIT CUP FRUIT JUICE Sandwich Dressing KETCHUP MUSTARD PKT LITE RANCH MILK choice	Dec - 11 TACO SALAD BOWL (w/lettuce, cheese, tom) CHICKEN TAQUITOS QUESO BLANCO REFRIED BEANS CHICK'N FILET SANDWIC W/ SWISS CHEESE CHARBROILED BURGER FRENCH FRIES TURKEY & CHEESE SAND COMBO MINI-SUB BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR FRUIT CUP FRESH FRUIT BOWL KETCHUP LOW FAT RANCH DRESSI Sandwich Dressing MUSTARD PKT 1% MILK CHOC FF MILK	Dec - 12 BRD CHICKEN TENDERS MASHED POTATOES CREAM GRAVY BRD CHICKEN TENDERS STEAK BURGER w/CHEES FRENCH FRIES SEASONED GREEN BEAN COMBO MINI-SUB HAM &PEPPERJACK CHE on CIABATTA BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR CUCUMBERS /TOMATOES FRUIT CUP FRESH FRUIT BOWL KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	Dec - 13 BEEF FINGERS "OR" CHICKEN DRUMSTICK MASHED POTATOES CREAM GRAVY SEASONED GREEN BEAN WW ROLL with JELLY SPICY CHICKEN SANDWI CHARBROILED BURGER FRENCH FRIES TURKEY&SWISS HAM &PEPPERJACK CHE on CIABATTA BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD CRACKER BITES POTATO SALAD GARDEN BAR FRUIT CUP FRUIT JUICE Sandwich Dressing KETCHUP MUSTARD PKT LITE RANCH MILK choice	Dec - 14 CHOOSE YOUR PIZZA BUFFALO CHICKEN PIZZA BBQ PULLED PORK SAND PICKLE SPEAR CHARBROILED BURGER ALL BEEF HOT DOG POTATO SPIRALS TURKEY&SWISS HAM & CHS KAISER BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR BAKED BEANS BROCC-PINEAPPLE SALAD FRUIT CUP FRUIT JUICE MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing 1% MILK CHOC FF MILK

**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.*

Rogers Public Schools
SENIOR HIGH LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 17 "YANG'S CHINESE" MANDARIN ORANGE CHIC "OR" GENERAL TSO'S CHICKEN LO MEIN NOODLES & VEGETABLES BROCCOLI SPEARS EGG ROLL FORTUNE COOKIE GRILLED CHICK'N SANDW CHARBROILED BURGER FRENCH FRIES TURKEY&SWISS HAM &PEPPERJACK CHE on CIABATTA BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD CRACKER BITES POTATO SALAD GARDEN BAR FRUIT CUP FRUIT JUICE Sandwich Dressing KETCHUP MUSTARD PKT LITE RANCH MILK choice	Dec - 18 BEEF BURRITO "MADE FRESH" SALSA REFRIED BEANS HOT DOG W/CHILI MEXICAN COLE SLAW CORN with PEPPERS CHARBROILED BURGER HOT HAM & CHS ON BUN FRENCH FRIES TURKEY & CHEESE SAND COMBO MINI-SUB BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR FRUIT CUP FRESH FRUIT BOWL KETCHUP LOW FAT RANCH DRESSI Sandwich Dressing MUSTARD PKT 1% MILK CHOC FF MILK	Dec - 19 BRD CHICKEN TENDERS MASHED POTATOES CREAM GRAVY BRD CHICKEN TENDERS STEAK BURGER w/CHEES FRENCH FRIES SEASONED GREEN BEAN COMBO MINI-SUB HAM &PEPPERJACK CHE on CIABATTA BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR CUCUMBERS /TOMATOES FRUIT CUP FRESH FRUIT BOWL KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	Dec - 20 HOLIDAY LUNCH BAKED HAM WITH PINAPPLE GLAZE BROCC, CHEESE & RICE CASSEROLE VEG MEDLEY (brocc,caulif,carrots) GARLIC KNOT FRENCH BREAD PIZZA CHARBROILED BURGER FRENCH FRIES COMBO CHEF SALAD FRESH FRUIT BOWL BBERRY,PEACH &BANAN FRUIT CUP HOLIDAY COOKIE MILK choice	Dec - 21 CHOOSE YOUR PIZZA MAC & CHEESE CHICKEN BREAST BITES BROCCOLI SPEARS Wheat Roll CHEESEBURGER KRINKLE FRIES HAM &PEPPERJACK CHE on CIABATTA BAKED CHIPS COMBO CHEF SALAD CRACKER BITES FRUIT CUP FRUIT JUICE MUSTARD PKT LOW FAT DRESSINGS MILK choice
Dec - 24 NO SCHOOL TODAY	Dec - 25 HOLIDAY	Dec - 26 NO SCHOOL TODAY	Dec - 27 NO SCHOOL TODAY	Dec - 28 NO SCHOOL TODAY
Dec - 31 NO SCHOOL TODAY				

**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.