

Rogers Public Schools

K-5 LUNCH MENU

Nov 13, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 BBQ PULLED PORK SAND PICKLE SPEAR "OR" CHARBROIL BURGER LETTUCE&PICKLE CUP CHOICE OF SIDES KRINKLE FRIES MIXED VEGETABLES BAKED BEANS FRESH FRUIT BOWL KETCHUP MUSTARD PKT MILK choice	Dec - 4 CHICKEN TAQUITOS QUESO BLANCO "OR" SPICY CHICKEN WRAP CHOICE OF SIDES BROCCOLI SPEARS GARDEN SALAD RANCH DRESSING CHOCOLATE CHIP COOKI FROZEN JUICE TREAT MILK choice	Dec - 5 TOASTED HAM & CHEESE CREAM OF TOMATO SOU "OR" DELI TURKEY MINI SUB SANDWICH SALAD CUP CHOICE OF SIDES GOLDFISH CRACKERS BABY CARROTS and CELERY STICKS FRESH FRUIT BOWL MAYO PKT MILK choice	Dec - 6 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	Dec - 7 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
Dec - 10 CHARBROIL BURGER LETTUCE&PICKLE CUP "OR" WG MINI CORN DOGS CHOICE OF SIDES CORN CHIPS BABY CARROTS and CELERY STICKS BEANS IN SAUCE KETCHUP MUSTARD PKT RANCH DRESSING STRAWBERRY CUP MILK choice	Dec - 11 TINY TACOS TACO TOPPERS CORN with PEPPERS "OR" HAM & CHS CROISSANT BAKED CHIPS CHOICE OF SIDES CUCUMBERS /TOMATOES RANCH DRESSING FRUIT CUP MILK choice	Dec - 12 SPAGHETTI & MEAT SAU BREADSTICK MIXED VEGETABLES "OR" DELI TURKEY MINI SUB BAKED CHIPS SANDWICH SALAD CUP CHOICE OF SIDES COLESLAW GRAPES,Fresh RANCH DRESSING MILK choice	Dec - 13 WG FISH STIX "OR" WG CHICKEN NUGGETS CHOICE OF SIDES KRINKLE FRIES SEASONED GREEN BEAN APPLE WEDGES KETCHUP MILK choice	Dec - 14 CHEESE PIZZA SLICE "OR" FRENCH BREAD PIZZA CHOICE OF SIDES BROCCOLI SPEARS BABY CARROTS RANCH DRESSING FRESH EDAMAME SALAD FRUIT CUP MILK choice
Dec - 17 CHARBROIL BURGER "OR" WG CHICKEN NUGGETS CHOICE OF SIDES KRINKLE FRIES SWEET CORN FRUIT CUP KETCHUP MUSTARD PKT MILK choice	Dec - 18 PIG-IN-A-BLANKET "OR" BBQ RIB HOAGIE PICKLE SPEAR CHOICE OF SIDES MIXED VEGETABLES BAKED BEANS KETCHUP MUSTARD PKT FRUIT CUP MILK choice	Dec - 19 MAC & CHEESE BROCCOLI SPEARS WHEAT ROLL JELLY "OR" COMBO MINI-SUB BAKED CHEETOS SANDWICH SALAD CUP CHOICE OF SIDES FRESH EDAMAME SALAD RANCH DRESSING FRUIT CUP MILK choice	Dec - 20 HOLIDAY LUNCH BAKED HAM WITH PINAPPLE GLAZE BROCC, CHEESE & RICE CASSEROLE GARLIC KNOT VEG MEDLEY (brocc,caulif,carrots) BBERRY,PEACH &BANAN FRUIT CUP HOLIDAY COOKIE MILK choice	Dec - 21 CHEESE PIZZA SLICE SEASONED GREEN BEAN BABY CARROTS RANCH DRESSING FRUIT CUP MILK choice HAPPY HOLIDAYS! SEE YOU IN 2019!
Dec - 24 NO SCHOOL TODAY	Dec - 25 HOLIDAY	Dec - 26 NO SCHOOL TODAY	Dec - 27 HOLIDAY	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.