

Rogers Public Schools

MIDDLE SCHOOL CHOICE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 3 "BRKFST FOR LUNCH" PANCAKES & SAUSAGE FRUIT & YOGURT PARFAI CHARBROIL BURGER HAM & PEPPERJACK CHE on CIABATTA FRENCH FRIES DELI TURKEY SUB BAKED CHIPS COMBO CHEF SALAD CRACKER BITES CHOICE OF SIDES GARDEN BAR HONEY MUSTARD KETCHUP ORANGE WEDGES-6 MILK choice	Dec - 4 CRUNCHY TACOS TACO TOPPERS "MADE FRESH" SALSA CORN with PEPPERS CHARBROIL BURGER CHICK'N FILET SANDWIC KRINKLE FRIES TURKEY & CHEESE SAND BAKED CHIPS COMBO CHEF SALAD VANILLA BEAR GRAHAM CUCUMBERS /TOMATOES GARDEN BAR FRESH FRUIT BOWL KETCHUP RANCH DRESSING MILK choice	Dec - 5 TOASTED HAM & CHEESE CREAM OF TOMATO SOU GOLDFISH CRACKERS ALL AMERICAN DOG CHARBROIL BURGER FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) FLATBREAD TURKEY CLU BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR CUCUMBERS /TOMATOES FRUIT CUP KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	Dec - 6 BEEF FINGERS MASHED POTATOES BROWN GRAVY SEASONED GREEN BEAN WHEAT ROLL GRILLED CHICK'N SANDW CHARBROIL BURGER KRINKLE FRIES COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD HONEY GRAHAMS CHOICE OF SIDES GARDEN BAR FRESH FRUIT BOWL MUSTARD PKT RANCH DRESSING MILK choice	Dec - 7 CHOOSE YOUR PIZZA HAM & PEPPERJACK CHE on CIABATTA CHARBROIL BURGER FRENCH FRIES FLATBREAD TURKEY CLU BAKED CHIPS COMBO CHEF SALAD CRACKER BITES CHOICE OF SIDES GARDEN BAR FRUIT CUP MILK choice
Dec - 10 "YANG'S CHINESE" BBQ TERIYAKI CHICKEN ORIENTAL FRIED RICE CHINESE VEGETABLES EGG ROLL FORTUNE COOKIE CHARBROIL BURGER CRISPY CHICKEN SAND KRINKLE FRIES HAM & CHS CROISSANT BAKED CHIPS COMBO CHEF SALAD CRACKER BITES RANCH DRESSING GARDEN BAR FRUIT CUP MILK choice	Dec - 11 CHICKEN TAQUITOS QUESO BLANCO CHARBROIL BURGER CHICK'N FILET SANDWIC W/ SWISS CHEESE FRENCH FRIES DELI TURKEY MINI SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR MEXICAN COLE SLAW KETCHUP MUSTARD PKT RANCH DRESSING ORANGE WEDGES-6 MILK choice	Dec - 12 BBQ PULLED PORK SAND BAKED POTATO LOW FAT SOUR CREAM BAKED BEANS BROCCOLI SPEARS CHARBROIL BURGER WG MINI CORN DOGS FRENCH FRIES TURKEY SPINACH WRAP BAKED CHIPS VEGGIE CHEF SALAD POTATO SALAD GARDEN BAR ORANGE WEDGES-6 RANCH DRESSING KETCHUP MUSTARD PKT MILK choice	Dec - 13 CHICKEN DRUMSTICK MASHED POTATOES CHICKEN GRAVY SEASONED GREEN BEAN WHEAT ROLL CHARBROIL BURGER SPICY CHICKEN SANDWI KRINKLE FRIES HAM & PEPPERJACK CHE on CIABATTA BAKED CHEETOS COMBO CHEF SALAD CRACKER BITES GARDEN BAR FRUIT CUP KETCHUP RANCH DRESSING MILK choice	Dec - 14 CHOOSE YOUR PIZZA CHARBROIL BURGER HOT DOG W/CHILI POTATO SPIRALS SWEET CORN DELI TURKEY MINI SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR BROCC-PINEAPPLE SALAD FRUIT CUP MUSTARD PKT 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
Dec - 17 WG CHICKEN NUGGETS MAC & CHEESE GRILLED CHICK'N SANDW CHARBROIL BURGER FRENCH FRIES SAVORY PEAS FLATBREAD TURKEY CLU BAKED CHIPS COMBO CHEF SALAD CRACKER BITES CHOICE OF SIDES GARDEN BAR FRUIT CUP MILK choice	Dec - 18 CHICK'N QUESADILLAS "MADE FRESH" SALSA REFRIED BEANS ALL AMERICAN DOG CHARBROIL BURGER KRINKLE FRIES SWEET CORN TURKEY&SWISS BAKED CHIPS COMBO CHEF SALAD VANILLA BEAR GRAHAM CHOICE OF SIDES GARDEN BAR MEXICAN COLE SLAW FRUIT CUP KETCHUP RANCH DRESSING MILK choice	Dec - 19 BRD CHICKEN TENDERS CHARBROIL BURGER FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) FLATBREAD TURKEY CLU BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR FRUIT CUP KETCHUP MUSTARD PKT RANCH DRESSING 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 SEAFOOD MEDLEY CHARBROIL BURGER KRINKLE FRIES VEGGIE CHEF SALAD CRACKER BITES CHOICE OF SIDES GARDEN BAR FRESH FRUIT BOWL MUSTARD PKT RANCH DRESSING MILK choice	Dec - 21 CHOOSE YOUR PIZZA CHEESEBURGER KRINKLE FRIES SEASONED GREEN BEAN COMBO CHEF SALAD VANILLA BEAR GRAHAM FROZEN JUICE TREAT 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				

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