

# Rogers Public Schools

## SENIOR HIGH LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	Jan - 1 NO SCHOOL TODAY	Jan - 2 NO SCHOOL TODAY	Jan - 3 HOLIDAY	Jan - 4 NO SCHOOL TODAY
Jan - 7 NO SCHOOL TODAY	Jan - 8 PORK CARNITAS RICE BO "OR" CHICK'N QUESADILLAS TORTILLA CHIPS QUESO BLANCO "MADE FRESH" SALSA CHICKEN BREAST BITES WG ROLL & JELLY 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	Jan - 9 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	Jan - 10 BBQ RIB HOAGIE GLAZED CHICKEN DRUMSTICK BBQ SAUCE TATER GEMS BAKED BEANS CHICK'N FILET SANDWIC CHARBROILED BURGER FRENCH FRIES FLATBREAD TURKEY CLU COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD CRACKER BITES GARDEN BAR FRUIT CUP FRESH FRUIT BOWL MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing MILK choice	Jan - 11 CHOOSE YOUR PIZZA BUFFALO CHICKEN PIZZA SEAFOOD MEDLEY SEAS POTATO WEDGES CHARBROILED BURGER FRENCH BREAD PIZZA 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 RANCH DRESSING TARTAR SAUCE 1% MILK CHOC FF MILK
Jan - 14 "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	Jan - 15 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	Jan - 16 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	Jan - 17 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	Jan - 18 CHOOSE YOUR PIZZA MAC & CHEESE PIG-IN-A-BLANKET POTATO CRUNCH POLLOCK NUGGETS GARLIC KNOT CHARBROILED BURGER KRINKLE FRIES SEASONED GREEN BEAN 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

\*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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**SENIOR HIGH LUNCH**

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 21  NO SCHOOL TODAY	Jan - 22  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	Jan - 23  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	Jan - 24  BEEF FINGERS "OR" CHICKEN DRUMSTICK MASHED POTATOES CREAM GRAVY SEASONED GREEN BEAN WG ROLL & 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	Jan - 25  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
Jan - 28  "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	Jan - 29  STUFFED POTATO CINN & FRUIT PULL- APAR HOT DOG W/CHILI CHARBROILED BURGER HOT HAM & CHS ON BUN FRENCH FRIES MIXED VEGETABLES TURKEY & CHEESE SAND COMBO MINI-SUB BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES MEXICAN COLE SLAW GARDEN BAR FRUIT CUP FRESH FRUIT BOWL KETCHUP LOW FAT RANCH DRESSI Sandwich Dressing MUSTARD PKT 1% MILK CHOC FF MILK	Jan - 30  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 FRESH FRUIT BOWL KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	Jan - 31  ROAST TURKEY BROCC, CHEESE & RICE CASSEROLE VEG MEDLEY (brocc,caulif,carrots) HONEY YEAST ROLL FRENCH BREAD PIZZA CHARBROILED BURGER FRENCH FRIES COMBO CHEF SALAD FRESH FRUIT BOWL BBERRY,PEACH &BANAN FRUIT CUP HOLIDAY COOKIE MILK choice	

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