

Rogers Public Schools

MIDDLE SCHOOL CHOICE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	Jan - 1 NO SCHOOL TODAY	Jan - 2 NO SCHOOL TODAY	Jan - 3 NO SCHOOL TODAY	Jan - 4 NO SCHOOL TODAY
Jan - 7 NO SCHOOL TODAY	Jan - 8 BEEF BURRITO CHICKEN TAQUITOS REFRIED BEANS "MADE FRESH" SALSA CHARBROILED BURGER FRENCH FRIES SWEET CORN DELI TURKEY SUB BAKED CHIPS COMBO CHEF SALAD CRACKER BITES CHOICE OF SIDES GARDEN BAR HONEY MUSTARD KETCHUP ORANGE WEDGES-6 MILK choice	Jan - 9 BBQ RIB HOAGIE SEAS POTATO WEDGES ALL AMERICAN DOG CHARBROIL BURGER KRINKLE FRIES FLATBREAD TURKEY CLU BAKED CHIPS COMBO CHEF SALAD VANILLA BEAR GRAHAM BROCC-PINEAPPLE SALAD GARDEN BAR FRUIT CUP MUSTARD PKT RANCH DRESSING MILK choice	Jan - 10 FRENCH BREAD PIZZA DIPPING SAUCE CRISPY CHICKEN SAND CHEESEBURGER POTATO SPIRALS HAM & PEPPERJACK CHE on CIABATTA BAKED CHIPS MEATLESS CHEF SALAD CRACKER BITES GARDEN BAR FRESH FRUIT BOWL MUSTARD PKT RANCH DRESSING MILK choice	Jan - 11 CHOOSE YOUR PIZZA CHARBROIL BURGER GRILLED CHICK'N SANDW KRINKLE FRIES BROCCOLI SPEARS DELI TURKEY MINI SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR FRUIT CUP MUSTARD PKT MILK choice
Jan - 14 "BRKFAST 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	Jan - 15 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	Jan - 16 TOASTED HAM & CHEESE HOMESTYLE VEG BEEF SOUP 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	Jan - 17 BEEF FINGERS MASHED POTATOES BROWN GRAVY SEASONED GREEN BEAN HONEY YEAST 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	Jan - 18 CHOOSE YOUR PIZZA HAM & PEPPERJACK CHE on CIABATTA CHARBROIL BURGER FRENCH FRIES MEATBALL SUB CHARBROIL BURGER BAKED CHIPS COMBO CHEF SALAD CRACKER BITES CHOICE OF SIDES GARDEN BAR FRUIT CUP 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
Jan - 21 NO SCHOOL TODAY	Jan - 22 BEEF AND CHEESE NACH 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	Jan - 23 ROAST PORK BROWN GRAVY BAKED POTATO LOW FAT SOUR CREAM WG ROLL & JELLY 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	Jan - 24 CHICKEN DRUMSTICK MAC & CHEESE SEASONED GREEN BEAN HONEY YEAST 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	Jan - 25 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
Jan - 28 BBQ RIB HOAGIE MAC & CHEESE GRILLED CHICK'N SANDW CHARBROIL BURGER FRENCH FRIES MIXED VEGETABLES FLATBREAD TURKEY CLU BAKED CHIPS COMBO CHEF SALAD CRACKER BITES CHOICE OF SIDES GARDEN BAR FRUIT CUP MILK choice	Jan - 29 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	Jan - 30 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	Jan - 31 CHICKEN DRUMSTICK BROCC, CHEESE & RICE CASSEROLE GARLIC KNOT VEG MEDLEY (brocc,caulif,carrots) 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	

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