

Rogers Public Schools

K-5 LUNCH MENU

Dec 15, 2016

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Second Entree choice available to designated Grades Only

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 2 WINTER BREAK	Jan - 3 NO SCHOOL TODAY	Jan - 4 WG MINI CORN DOGS "OR" CHARBROIL BURGER SANDWICH SALAD CUP CHOICE OF SIDES SEASONED POTATO STIX PICKLE SLICES KETCHUP MUSTARD PKT PORK AND BEANS CHOICE OF FRUIT MILK choice	Jan - 5 WG CHICKEN NUGGETS "OR" MEATBALLS IN BBQ SAUC CHOICE OF SIDES Wheat Roll KRINKLE FRIES BROCCOLI SPEARS CUCUMBERS /TOMATOES RANCH DRESSING CHOICE OF FRUIT MILK choice	Jan - 6 SOFT GLAZED PRETZEL CHEESE SAUCE "OR" PEPPERONI PIZZA SLICE CHOICE OF SIDES SEASONED GREEN BEAN BABY CARROTS and CELERY STICKS FRESH FRUIT BOWL MILK choice
Jan - 9 ALL BEEF HOT DOG BAKED CHIPS "OR" WG CHICKEN NUGGETS BBQ SAUCE Wheat Roll CHOICE OF SIDES BAKED BEANS CUCUMBERS /TOMATOES RANCH DRESSING GRAPES,Fresh KETCHUP \$ MUSTARD MILK choice	Jan - 10 GLAZED CHICKEN DRUMSTICK BBQ SAUCE Wheat Roll "OR" BBQ PULLED PORK SAND CHOICE OF SIDES TATER TOTS KETCHUP SEASONED GREEN BEAN BROCC & CARROT DIPPERS CHOICE OF FRUIT MILK choice	Jan - 11 BEEF BURRITO "OR" CHICK'N QUESADILLA "AND" CHEESE SAUCE CHOICE OF SIDES SOUTHWESTERN PINTO BEANS SWEET CORN "MADE FRESH" SALSA CHOICE OF FRUIT MILK choice	Jan - 12 BREADED BEEF FRITTER MASHED POTATOES BROWN GRAVY WHEAT ROLL JELLY "OR" TURKEY SPINACH WRAP PRETZELS CHOICE OF SIDES VEG MEDLEY (brocc,caulif,carrots) GARDEN SALAD RANCH DRESSING CHOICE OF FRUIT MILK choice	Jan - 13 WG CHEESE PIZZA SWEET CORN "OR" CHEF SALAD RANCH DRESSING BREADSTICK CHOICE OF SIDES FRESH EDAMAME CHOICE OF FRUIT "HAPPY BIRTHDAY" ICE CREAM TREAT MILK choice
Jan - 16 NO SCHOOL TODAY	Jan - 17 CHARBROIL BURGER KETCHUP \$ MUSTARD SANDWICH SALAD CUP "OR" BBQ RIB HOAGIE PICKLE SPEAR "AND" SEAS POTATO WEDGES CHOICE OF SIDES PORK AND BEANS CHOICE OF FRUIT MILK choice	Jan - 18 CRUNCHY TACOS TACO SAUCE CORN with PEPPERS "OR" HAWAIIAN CHICKEN WRAP COLESLAW CRISPY RICE CHIPS CHOICE OF SIDES PINEAPPLE CHUNKS MILK choice	Jan - 19 WG CHICKEN NUGGETS "OR" MEATBALLS IN BBQ SAUC CHOICE OF SIDES Wheat Roll KRINKLE FRIES BROCCOLI SPEARS CUCUMBERS /TOMATOES RANCH DRESSING CHOICE OF FRUIT MILK choice	Jan - 20 SOFT GLAZED PRETZEL CHEESE SAUCE "OR" PEPPERONI PIZZA SLICE CHOICE OF SIDES SEASONED GREEN BEAN BABY CARROTS and CELERY STICKS FRESH FRUIT BOWL MILK choice
Jan - 23 WG MINI CORN DOGS "OR" CHARBROIL BURGER SANDWICH SALAD CUP CHOICE OF SIDES SEASONED POTATO STIX PICKLE SLICES KETCHUP MUSTARD PKT PORK AND BEANS CHOICE OF FRUIT MILK choice	Jan - 24 HAM & CHS CROISSANT "OR" BAKED POTATO WITH TOPPINGS "AND" CHILI BOWL CRACKER BITES CHOICE OF SIDES BROCC & CARROT DIPPERS RANCH DRESSING WG CHOC CHIP COOKIE APPLESAUCE MILK choice	Jan - 25 CHICKEN TAQUITOS NACHO CHEESE SAUCE () SOUTHWESTERN PINTO BEANS "MADE FRESH" SALSA "OR" WW TOASTED CHEESE S PICKLE SPEAR CHERRY TOMATOES CHOICE OF SIDES COLESLAW CHOICE OF FRUIT MILK choice	Jan - 26 MINI RAVIOLI BAKE "OR" GRILLED CHICK'N SANDW CHOICE OF SIDES GARDEN SALAD HONEY MUSTARD BROCCOLI SPEARS APPLE WEDGES CINNAMON KNOTS MILK choice	Jan - 27 WG CHEESE PIZZA "OR" DELI HAM MINI-SUB BAKED CHIPS CHOICE OF SIDES VEG MEDLEY (brocc,caulif,carrots) BABY CARROTS W/ RANCH CHOICE OF FRUIT 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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Jan - 30 CHICKEN ALFREDO BREADSTICK SEASONED GREEN BEAN "OR" TURKEY & CHEESE SAND PICKLE SPEAR SANDWICH SALAD CUP CHEEZ-IT WG CRACKERS CHOICE OF SIDES BROCC-PINEAPPLE SALAD CHOICE OF FRUIT CINN SUGAR COOKIE MILK choice	Jan - 31 WG CHICKEN NUGGETS Wheat Roll "OR" CHARBROIL BURGER SANDWICH SALAD CUP CHOICE OF SIDES SEAS POTATO WEDGES SEASONED GREEN BEAN FRESH FRUIT BOWL KETCHUP MILK choice			

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