

# Rogers Public Schools

## SENIOR HIGH LUNCH

Dec 16, 2016

Menu choices may change due to testing or student activities during the last two weeks of school.

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 2  WINTER BREAK	Jan - 3  NO SCHOOL TODAY	Jan - 4  CHICKEN BREAST TENDE CHEESEY MASHED POTATOES WHEAT ROLL 100% BEEF BURGER ON WG BUN FRENCH FRIES SEASONED GREEN BEAN COMBO MINI-SUB TURKEY & CHEESE SAND BAKED CHIPS BROCCOLI CHEESE SOUP VEGGIE CHEF SALAD COMBO CHEF SALAD SEASONED CROUTONS HONEY GRAHAMS GARDEN SALAD SANDWICH SALAD CUP CUCUMBERS /TOMATOES FRESH EDAMAME CHOICE OF FRUIT FRESH FRUIT BOWL KETCHUP MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice	Jan - 5  YOUR WAY BURGER DAY SEAFOOD BASKET SPICY CHICKEN SANDWI FRENCH FRIES DELI TURKEY KAISER CL COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD SEASONED CROUTONS ATOMIC CHEDDAR CHEE SANDWICH SALAD CUP SPINACH SALAD W/FRUIT BABY CARROTS and CELERY STICKS POTATO SALAD CHOICE OF FRUIT FRESH FRUIT BOWL MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing MILK choice	Jan - 6  CHOOSE YOUR PIZZA CHICK'N FILET SANDWIC 100% BEEF BURGER ON WG BUN HOT DOG W/CHILI FRENCH FRIES "OR" ONION RINGS SWEET CORN TURKEY&PROVOLONE ON CIABATTA ROLL HAM & CHS KAISER BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD SEASONED CROUTONS WW CRACKERS GARDEN SALAD SANDWICH SALAD CUP FRESH EDAMAME BROCC-PINEAPPLE SALAD CHOICE OF FRUIT 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.*

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 9	Jan - 10	Jan - 11	Jan - 12	Jan - 13
MAC & CHEESE BEEF FINGERS BAKED POTATO WITH TOPPINGS NACHO CHEESE SAUCE ( SEASONED GREEN BEAN Wheat Roll GRILLED CHICK'N SANDW 100% BEEF BURGER ON WG BUN FRENCH FRIES TURKEY & CHEESE SAND HAM & PEPPERJACK CHE on CIABATTA BAKED CHIPS HOMESTYLE VEG BEEF SOUP VEGGIE CHEF SALAD COMBO CHEF SALAD CRACKER BITES SEASONED CROUTONS SANDWICH SALAD CUP GARDEN SALAD BABY CARROTS POTATO SALAD PORK AND BEANS CHOICE OF FRUIT FRUIT JUICE Sandwich Dressing KETCHUP MUSTARD PKT LITE RANCH MILK choice	TACO SALAD BOWL (w/lettuce, cheese, tom) "MADE FRESH" SALSA GLAZED CHICKEN DRUMSTICK POTATOES AU GRATIN VEG MEDLEY (brocc,caulif,carrots) WHEAT ROLL ALL BEEF BURGER on WG BUN CHICK'N FILET SANDWIC W/ PROVOLONE CHEESE FRENCH FRIES CHICKEN SALAD ON CROISSANT COMBO MINI-SUB BAKED CHIPS COTTAGE CHEESE & FRUI CHEESE STICK HONEY GRAHAMS COMBO CHEF SALAD VEGGIE CHEF SALAD SEASONED CROUTONS CRACKER BITES MEXICAN COLE SLAW SANDWICH SALAD CUP BLACK BEAN SALAD CHOICE OF FRUIT FRESH FRUIT BOWL KETCHUP LOW FAT RANCH DRESSI Sandwich Dressing MUSTARD PKT MILK choice	CHICKEN BREAST TENDE MASHED POTATOES CHICKEN GRAVY WHEAT ROLL 100% BEEF BURGER ON WG BUN FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) COMBO MINI-SUB HAM & CHS CROISSANT BAKED CHIPS CREAM OF POTATO SOU VEGGIE CHEF SALAD COMBO CHEF SALAD SEASONED CROUTONS CRACKER BITES GARDEN SALAD SANDWICH SALAD CUP CUCUMBERS /TOMATOES FRESH EDAMAME CHOICE OF FRUIT FRESH FRUIT BOWL KETCHUP MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice	YOUR WAY-SUB DAY BAKED CHIPS CAJUN BEANS & RICE with SMOKED SAUSAGE COLESLAW SPICY CHICKEN SANDWI CHARBROIL BURGER FRENCH FRIES DELI TURKEY KAISER CL COMBO MINI-SUB VEGGIE CHEF SALAD COMBO CHEF SALAD SEASONED CROUTONS HONEY GRAHAMS SANDWICH SALAD CUP SPINACH SALAD W/FRUIT BABY CARROTS and CELERY STICKS POTATO SALAD CHOICE OF FRUIT FRESH FRUIT BOWL MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice	CHOOSE YOUR PIZZA CHICK'N FILET SANDWIC 100% BEEF BURGER ON WG BUN FRENCH FRIES SWEET CORN CHICKEN PARMESAN FLATMELT CHICKEN & CURLY NOODLE SOUP TURKEY&PROVOLONE ON CIABATTA ROLL HAWAIIAN CHICKEN WRAP HAM & PEPPERJACK CHE on CIABATTA BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD SEASONED CROUTONS CRACKER BITES GARDEN SALAD SANDWICH SALAD CUP FRESH EDAMAME BROCC-PINEAPPLE SALAD CHOICE OF FRUIT FRUIT JUICE MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 16	Jan - 17	Jan - 18	Jan - 19	Jan - 20
MINI RAVIOLI BAKE BREADSTICK BROCCOLI SPEARS WW TOASTED CHEESE S BAKED POTATO GRILLED CHICK'N SANDW 100% BEEF BURGER ON WG BUN FRENCH FRIES DELI TURKEY KAISER CL COMBO MINI-SUB BAKED CHIPS VEGETABLE SOUP VEGGIE CHEF SALAD COMBO CHEF SALAD SEASONED CROUTONS HONEY GRAHAMS SANDWICH SALAD CUP BROCC-PINEAPPLE SALAD GARDEN SALAD BABY CARROTS POTATO SALAD PORK AND BEANS CHOICE OF FRUIT FRUIT JUICE Sandwich Dressing KETCHUP MUSTARD PKT LITE RANCH MILK choice	CHICKEN & BLACK BEAN BURRITO NACHO CHEESE SAUCE ( ) FIESTA RICE CORN with PEPPERS MEATBALL SUB ONION RINGS COLESLAW ALL BEEF BURGER on WG BUN CHICK'N FILET SANDWIC FRENCH FRIES TURKEY & CHEESE SAND COMBO MINI-SUB BAKED CHIPS COTTAGE CHEESE & FRUI CHEESE STICK COMBO CHEF SALAD VEGGIE CHEF SALAD SEASONED CROUTONS CHEEZ-IT WG CRACKERS SANDWICH SALAD CUP BLACK BEAN SALAD CHOICE OF FRUIT FRESH FRUIT BOWL KETCHUP LOW FAT RANCH DRESSI Sandwich Dressing MUSTARD PKT 1% MILK CHOC FF MILK	CHICKEN BREAST TENDE MASHED POTATOES CHICKEN GRAVY WHEAT ROLL 100% BEEF BURGER ON WG BUN FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) COMBO MINI-SUB SPICY CHICKEN WRAP BAKED CHIPS BROCCOLI CHEESE SOUP VEGGIE CHEF SALAD COMBO CHEF SALAD SEASONED CROUTONS GRAHAM CRACKERS GARDEN SALAD SANDWICH SALAD CUP CUCUMBERS /TOMATOES FRESH EDAMAME CHOICE OF FRUIT FRESH FRUIT BOWL KETCHUP MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice	YOUR WAY BURGER DAY HOT HAM & CHS ON BUN SPICY CHICKEN SANDWI FRENCH FRIES BREADED BEEF FRITTER MASHED POTATOES BROWN GRAVY SEASONED GREEN BEAN Wheat Roll DELI TURKEY KAISER CL COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD SEASONED CROUTONS ATOMIC CHEDDAR CHEE SANDWICH SALAD CUP SPINACH SALAD W/FRUIT BABY CARROTS and CELERY STICKS POTATO SALAD CHOICE OF FRUIT FRESH FRUIT BOWL MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing 1% MILK CHOC FF MILK	CHOOSE YOUR PIZZA HOT DOG W/CHILI SEAFOOD BASKET 100% BEEF BURGER ON WG BUN FRENCH FRIES "OR" ONION RINGS TURKEY & CHEESE SAND HAM & PEPPERJACK CHE on CIABATTA BAKED CHIPS CHICKEN & RICE SOUP COMBO CHEF SALAD VEGGIE CHEF SALAD SEASONED CROUTONS CRACKER BITES GARDEN SALAD SANDWICH SALAD CUP FRESH EDAMAME BROCC-PINEAPPLE SALAD CHOICE OF FRUIT FRUIT JUICE MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing MILK choice

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Jan - 23	Jan - 24	Jan - 25	Jan - 26	Jan - 27
GENERAL TSO'S SPICY CHICKEN LO MEIN NOODLES EGG ROLL CHINESE VEGETABLES FLATBREAD CHICK MELT ONION RINGS WG MINI CORN DOGS 100% BEEF BURGER ON WG BUN FRENCH FRIES TURKEY&PROVOLONE ON CIABATTA ROLL HAM & CHS CROISSANT BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD SEASONED CROUTONS CRACKER BITES SANDWICH SALAD CUP GARDEN SALAD BABY CARROTS POTATO SALAD PORK AND BEANS CHOICE OF FRUIT FRESH FRUIT BOWL Sandwich Dressing KETCHUP MUSTARD PKT LITE RANCH MILK choice	TACO SALAD BOWL (w/lettuce, cheese, tom) SOUTHWESTERN PINTO BEANS GLAZED CHICKEN DRUMSTICK VEG MEDLEY (brocc,caulif,carrots) POTATOES AU GRATIN WHEAT ROLL ALL BEEF BURGER on WG BUN CHICK'N FILET SANDWIC W/ PROVOLONE CHEESE FRENCH FRIES CHICKEN SALAD ON CROISSANT COMBO MINI-SUB BAKED CHIPS COTTAGE CHEESE &FRUI CHEESE STICK COMBO CHEF SALAD VEGGIE CHEF SALAD SEASONED CROUTONS WW CRACKERS MEXICAN COLE SLAW SANDWICH SALAD CUP BLACK BEAN SALAD CHOICE OF FRUIT FRESH FRUIT BOWL KETCHUP LOW FAT RANCH DRESSI Sandwich Dressing MUSTARD PKT MILK choice	CHICKEN BREAST TENDE MASHED POTATOES CHICKEN GRAVY WHEAT ROLL 100% BEEF BURGER ON WG BUN FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) HAM & CHS KAISER COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD SEASONED CROUTONS HONEY GRAHAMS GARDEN SALAD SANDWICH SALAD CUP CUCUMBERS /TOMATOES FRESH EDAMAME CHOICE OF FRUIT FRESH FRUIT BOWL KETCHUP MUSTARD PKT LOW FAT RANCH DRESSI MILK choice	YOUR WAY-SUB DAY BBQ RIB HOAGIE PICKLE SPEAR BAKED BEANS BAKED CHIPS 100% BEEF BURGER ON WG BUN CHICK'N FILET SANDWIC FRENCH FRIES DELI TURKEY KAISER CL COMBO MINI-SUB VEGGIE CHEF SALAD COMBO CHEF SALAD SEASONED CROUTONS CHEEZ-IT WG CRACKERS SANDWICH SALAD CUP SPINACH SALAD W/FRUIT BABY CARROTS and CELERY STICKS POTATO SALAD CHOICE OF FRUIT FRESH FRUIT BOWL MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing MILK choice	CHOOSE YOUR PIZZA CHICK'N FILET SANDWIC 100% BEEF BURGER ON WG BUN FRENCH FRIES SWEET CORN CHICKEN PARMESAN FLATMELT CHICKEN & CURLY NOODLE SOUP TURKEY&PROVOLONE ON CIABATTA ROLL HAWAIIAN CHICKEN WRAP HAM &PEPPERJACK CHE on CIABATTA BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD SEASONED CROUTONS CRACKER BITES GARDEN SALAD SANDWICH SALAD CUP FRESH EDAMAME BROCC-PINEAPPLE SALAD CHOICE OF FRUIT FRUIT JUICE MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice

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Jan - 30  CHICKEN ALFREDO BREADSTICK BROCCOLI SPEARS WW TOASTED CHEESE S BAKED POTATO GRILLED CHICK'N SANDW 100% BEEF BURGER ON WG BUN FRENCH FRIES DELI TURKEY KAISER CL COMBO MINI-SUB BAKED CHIPS VEGETABLE SOUP VEGGIE CHEF SALAD COMBO CHEF SALAD SEASONED CROUTONS HONEY GRAHAMS SANDWICH SALAD CUP BROCC-PINEAPPLE SALAD GARDEN SALAD BABY CARROTS POTATO SALAD PORK AND BEANS CHOICE OF FRUIT FRUIT JUICE Sandwich Dressing KETCHUP MUSTARD PKT LITE RANCH MILK choice	Jan - 31  BEEF BURRITO NACHO CHEESE SAUCE ( FIESTA RICE CORN with PEPPERS MEATBALL SUB ONION RINGS COLESLAW ALL BEEF BURGER on WG BUN CHICK'N FILET SANDWIC FRENCH FRIES TURKEY & CHEESE SAND COMBO MINI-SUB BAKED CHIPS COTTAGE CHEESE &FRUI CHEESE STICK COMBO CHEF SALAD VEGGIE CHEF SALAD SEASONED CROUTONS CHEEZ-IT WG CRACKERS SANDWICH SALAD CUP BLACK BEAN SALAD CHOICE OF FRUIT FRESH FRUIT BOWL KETCHUP LOW FAT RANCH DRESSI Sandwich Dressing MUSTARD PKT 1% MILK CHOC FF MILK			

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