

Rogers Public Schools

MIDDLE SCHOOL CHOICE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Jan - 2</p> <p>WINTER BREAK</p>	<p>Jan - 3</p> <p>NO SCHOOL TODAY</p>	<p>Jan - 4</p> <p>CHICKEN BREAST FILET CHEESEY MASHED POTATOES BAKED BEANS WHEAT ROLL WG CHICKEN NUGGETS 100% BEEF BURGER ON WG BUN FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) CHICKEN SALAD ON CROISSANT SPICY CHICKEN WRAP BAKED CHIPS VEGGIE CHEF SALAD STRAWBERRY DINO GRA SANDWICH SALAD CUP CUCUMBERS /TOMATOES FRESH EDAMAME CHOICE OF FRUIT KETCHUP MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice</p>	<p>Jan - 5</p> <p>YOUR WAY BURGER DAY SPICY CHICKEN SANDWI FRENCH FRIES CINNAMON KNOTS DELI TURKEY KAISER CL COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES SANDWICH SALAD CUP SPINACH SALAD W/FRUIT BABY CARROTS and CELERY STICKS POTATO SALAD FRESH FRUIT BOWL MUSTARD PKT LOW FAT RANCH DRESSI MILK choice</p>	<p>Jan - 6</p> <p>CHOOSE YOUR PIZZA 100% BEEF BURGER ON WG BUN HOT DOG W/CHILI SWEET CORN BAKED POTATO WEDGES TURKEY&PROVOLONE ON CIABATTA ROLL COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN SALAD SANDWICH SALAD CUP FRESH EDAMAME BROCC-PINEAPPLE SALAD CHOICE OF FRUIT MUSTARD PKT LITE RANCH Sandwich Dressing MILK choice</p>
<p>Jan - 9</p> <p>MAC & CHEESE BEEF FINGERS WHEAT ROLL SEASONED GREEN BEAN GRILLED CHICK'N SANDW 100% BEEF BURGER ON WG BUN FRENCH FRIES HAM &PEPPERJACK CHE on CIABATTA COMBO MINI SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES SANDWICH SALAD CUP GARDEN SALAD BABY CARROTS POTATO SALAD PORK AND BEANS CHOICE OF FRUIT LOW FAT RANCH DRESSI KETCHUP MUSTARD PKT MILK choice</p>	<p>Jan - 10</p> <p>CRUNCHY TACOS SOUTHWESTERN PINTO BEANS "MADE FRESH" SALSA MEXICAN COLE SLAW ALL BEEF BURGER on WG BUN CHICK'N FILET SANDWIC W/ PROVOLONE CHEESE FRENCH FRIES HAM &PEPPERJACK CHE on CIABATTA COMBO MINI-SUB BAKED CHIPS COTTAGE CHEESE &FRUI CHEESE STICK HONEY GRAHAMS VEGGIE CHEF SALAD CRACKER BITES SANDWICH SALAD CUP BLACK BEAN SALAD CHOICE OF FRUIT KETCHUP LOW FAT RANCH DRESSI Sandwich Dressing MUSTARD PKT MILK choice</p>	<p>Jan - 11</p> <p>CHICKEN BREAST TENDE WHEAT ROLL 100% BEEF BURGER ON WG BUN FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) SPICY CHICKEN WRAP CHICKEN SALAD ON CROISSANT DELI HAM KAISER BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN SALAD SANDWICH SALAD CUP CUCUMBERS /TOMATOES FRESH EDAMAME CHOICE OF FRUIT KETCHUP MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice</p>	<p>Jan - 12</p> <p>YOUR WAY-SUB DAY BAKED CHIPS SEAFOOD BASKET CHARBROIL BURGER FRENCH FRIES DELI TURKEY KAISER CL COMBO MINI-SUB VEGGIE CHEF SALAD HONEY GRAHAMS SANDWICH SALAD CUP SPINACH SALAD W/FRUIT BABY CARROTS and CELERY STICKS POTATO SALAD CHOICE OF FRUIT MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice</p>	<p>Jan - 13</p> <p>CHOOSE YOUR PIZZA CHICKEN PARMESAN FLATMELT 100% BEEF BURGER ON WG BUN KRINKLE FRIES SWEET CORN TURKEY&PROVOLONE ON CIABATTA ROLL HAWAIIAN CHICKEN WRAP BAKED CHIPS COMBO CHEF SALAD STRAWBERRY DINO GRA GARDEN SALAD SANDWICH SALAD CUP FRESH EDAMAME BROCC-PINEAPPLE SALAD CHOICE OF FRUIT MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice</p>

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.

Rogers Public Schools

MIDDLE SCHOOL CHOICE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Jan - 16</p> <p>NO SCHOOL TODAY</p>	<p>Jan - 17</p> <p>MEATBALL SUB ONION RINGS ALL BEEF BURGER on WG BUN FLATBREAD CHICK MELT FRENCH FRIES HAM & PEPPERJACK CHE on CIABATTA COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES COLESLAW SANDWICH SALAD CUP BLACK BEAN SALAD CHOICE OF FRUIT KETCHUP LOW FAT RANCH DRESSI Sandwich Dressing MUSTARD PKT MILK choice</p>	<p>Jan - 18</p> <p>CHICKEN BREAST TENDE WHEAT ROLL 100% BEEF BURGER ON WG BUN FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) CHICKEN SALAD ON CROISSANT COMBO MINI-SUB SPICY CHICKEN WRAP BAKED CHIPS COMBO CHEF SALAD GRAHAM CRACKERS GARDEN SALAD SANDWICH SALAD CUP CUCUMBERS /TOMATOES FRESH EDAMAME CHOICE OF FRUIT KETCHUP MUSTARD PKT LOW FAT RANCH DRESSI MILK choice</p>	<p>Jan - 19</p> <p>PORK FRITTER MASHED POTATOES BROWN GRAVY SWEET CORN WHEAT ROLL 100% BEEF BURGER ON WG BUN SPICY CHICKEN SANDWI FRENCH FRIES DELI TURKEY KAISER CL COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD CHOCOLATE BEAR GRAHAM SANDWICH SALAD CUP SPINACH SALAD W/FRUIT BABY CARROTS and CELERY STICKS POTATO SALAD CHOICE OF FRUIT MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice</p>	<p>Jan - 20</p> <p>CHOOSE YOUR PIZZA 100% BEEF BURGER ON WG BUN ALL BEEF HOT DOG SWEET CORN TATER TOTS TURKEY&PROVOLONE ON CIABATTA ROLL COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN SALAD SANDWICH SALAD CUP FRESH EDAMAME BROCC-PINEAPPLE SALAD CHOICE OF FRUIT MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing MILK choice</p>
<p>Jan - 23</p> <p>CHICKEN ALFREDO BREADSTICK SEASONED GREEN BEAN WG MINI CORN DOGS 100% BEEF BURGER ON WG BUN SEAS POTATO WEDGES HAM & CHS CROISSANT TURKEY SPINACH WRAP BAKED CHIPS VEGGIE CHEF SALAD HONEY GRAHAMS SANDWICH SALAD CUP GARDEN SALAD BABY CARROTS POTATO SALAD CHOICE OF FRUIT Sandwich Dressing KETCHUP MUSTARD PKT LITE RANCH MILK choice</p>	<p>Jan - 24</p> <p>TACO SALAD BOWL (w/lettuce, cheese, tom) SOUTHWESTERN PINTO BEANS ALL BEEF BURGER on WG BUN CHICK'N FILET SANDWIC W/ PROVOLONE CHEESE FRENCH FRIES HAM & PEPPERJACK CHE on CIABATTA COMBO MINI-SUB BAKED CHIPS COTTAGE CHEESE &FRUI CHEESE STICK VEGGIE CHEF SALAD CRACKER BITES MEXICAN COLE SLAW SANDWICH SALAD CUP BLACK BEAN SALAD FRESH FRUIT BOWL KETCHUP LOW FAT RANCH DRESSI Sandwich Dressing MUSTARD PKT MILK choice</p>	<p>Jan - 25</p> <p>GLAZED CHICKEN DRUMSTICK VEG-RICE PILAF 100% BEEF BURGER ON WG BUN BBQ PULLED PORK SAND FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) HAM & CHS KAISER SPICY CHICKEN WRAP BAKED CHIPS VEGGIE CHEF SALAD HONEY GRAHAMS GARDEN SALAD SANDWICH SALAD CUP CUCUMBERS /TOMATOES FRESH EDAMAME FRESH FRUIT BOWL KETCHUP MUSTARD PKT LOW FAT RANCH DRESSI MILK choice</p>	<p>Jan - 26</p> <p>YOUR WAY-SUB DAY BAKED CHIPS 100% BEEF BURGER ON WG BUN CHICK'N FILET SANDWIC FRENCH FRIES DELI TURKEY KAISER CL COMBO MINI-SUB COMBO CHEF SALAD CHOCOLATE BEAR GRAHAM SANDWICH SALAD CUP SPINACH SALAD W/FRUIT BABY CARROTS and CELERY STICKS POTATO SALAD CHOICE OF FRUIT MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing MILK choice</p>	<p>Jan - 27</p> <p>CHOOSE YOUR PIZZA SPICY CHICKEN SANDWI 100% BEEF BURGER ON WG BUN SEASONED POTATO STIX SWEET CORN HAM & PEPPERJACK CHE on CIABATTA HAWAIIAN CHICKEN WRAP BAKED CHIPS VEGGIE CHEF SALAD CHOCOLATE BEAR GRAHAM GARDEN SALAD SANDWICH SALAD CUP FRESH EDAMAME BROCC-PINEAPPLE SALAD CHOICE OF FRUIT MUSTARD PKT LOW FAT RANCH DRESSI Sandwich Dressing MILK choice</p>

**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.

Rogers Public Schools
MIDDLE SCHOOL CHOICE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 30 GENERAL TSO'S SPICY CHICKEN FRIED RICE BROCCOLI SPEARS EGG ROLL GRILLED CHICK'N SANDW 100% BEEF BURGER ON WG BUN FRENCH FRIES DELI TURKEY KAISER CL COMBO MINI-SUB BAKED CHIPS COMBO CHEF SALAD HONEY GRAHAMS SANDWICH SALAD CUP BROCC-PINEAPPLE SALAD GARDEN SALAD BABY CARROTS POTATO SALAD CHOICE OF FRUIT Sandwich Dressing KETCHUP MUSTARD PKT LITE RANCH MILK choice	Jan - 31 BEEF BURRITO NACHO CHEESE SAUCE ("MADE FRESH" SALSA FIESTA RICE ALL BEEF BURGER on WG BUN BBQ RIB HOAGIE FRENCH FRIES TURKEY & CHEESE SAND COMBO MINI-SUB COTTAGE CHEESE &FRUI CHEESE STICK BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES MEXICAN COLE SLAW SANDWICH SALAD CUP BLACK BEAN SALAD CHOICE OF FRUIT KETCHUP LOW FAT RANCH DRESSI Sandwich Dressing 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.