

# Rogers Public Schools

## PRE-K LUNCH MENU

Dec 15, 2016

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 2 WINTER BREAK	Jan - 3 NO SCHOOL TODAY	Jan - 4 WG MINI CORN DOGS SEASONED POTATO STIX KETCHUP MUSTARD PKT PORK AND BEANS CHOICE OF FRUIT 1% MILK	Jan - 5 WG CHICKEN NUGGETS Wheat Roll BROCCOLI SPEARS CUCUMBERS /TOMATOES RANCH DRESSING CHOICE OF FRUIT 1% MILK	Jan - 6 SOFT GLAZED PRETZEL CHEESE SAUCE SEASONED GREEN BEAN BABY CARROTS W/ RANCH ORANGE WEDGES-6 1% MILK
Jan - 9 ALL BEEF HOT DOG BAKED CHIPS CUCUMBERS /TOMATOES RANCH DRESSING CHOICE OF FRUIT KETCHUP \$ MUSTARD 1% MILK	Jan - 10 GLAZED CHICKEN DRUMSTICK BBQ SAUCE Wheat Roll SEASONED GREEN BEAN BROCC & CARROT DIPPERS CHOICE OF FRUIT 1% MILK	Jan - 11 BEEF BURRITO NACHO CHEESE SAUCE ( SOUTHWESTERN PINTO BEANS SWEET CORN CHOICE OF FRUIT 1% MILK	Jan - 12 BEEF FINGERS MASHED POTATOES Wheat Roll GARDEN SALAD RANCH DRESSING CHOICE OF FRUIT 1% MILK	Jan - 13 WG CHEESE PIZZA SWEET CORN FRESH EDAMAME CHOICE OF FRUIT "HAPPY BIRTHDAY" ICE CREAM TREAT 1% MILK
Jan - 16 NO SCHOOL TODAY	Jan - 17 CHARBROIL BURGER PICKLE SLICES KETCHUP \$ MUSTARD SEAS POTATO WEDGES PORK AND BEANS CHOICE OF FRUIT 1% MILK	Jan - 18 CRUNCHY TACOS CORN with PEPPERS PINEAPPLE CHUNKS 1% MILK	Jan - 19 WG CHICKEN NUGGETS BBQ SAUCE KRINKLE FRIES CUCUMBERS /TOMATOES RANCH DRESSING CHOICE OF FRUIT 1% MILK	Jan - 20 SOFT GLAZED PRETZEL CHEESE SAUCE SEASONED GREEN BEAN BABY CARROTS and CELERY STICKS APPLE WEDGES 1% MILK
Jan - 23 WG MINI CORN DOGS SEASONED POTATO STIX MUSTARD PKT KETCHUP PORK AND BEANS CHOICE OF FRUIT 1% MILK	Jan - 24 HAM & CHS CROISSANT CHILI BOWL BROCC & CARROT DIPPERS RANCH DRESSING APPLESAUCE 1% MILK	Jan - 25 CHICKEN TAQUITOS NACHO CHEESE SAUCE ( SOUTHWESTERN PINTO BEANS "MADE FRESH" SALSA COLESLAW CHOICE OF FRUIT 1% MILK	Jan - 26 MINI RAVIOLI BAKE BREADSTICK GARDEN SALAD HONEY MUSTARD BROCCOLI SPEARS APPLE WEDGES 1% MILK	Jan - 27 WG CHEESE PIZZA VEG MEDLEY (brocc,caulif,carrots) BABY CARROTS W/ RANCH CHOICE OF FRUIT 1% MILK
Jan - 30 CHICKEN ALFREDO BREADSTICK SEASONED GREEN BEAN CHOICE OF FRUIT CINN SUGAR COOKIE 1% MILK	Jan - 31 CHARBROIL BURGER SANDWICH SALAD CUP SEAS POTATO WEDGES SEASONED GREEN BEAN FRESH FRUIT BOWL KETCHUP 1% 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.**