

# Rogers Public Schools

## SENIOR HIGH LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
				Feb - 1  CHOOSE YOUR PIZZA SPAGHETTI & MEAT SAUC GARLIC KNOT CHARBROILED BURGER WG FISH STIX KRINKLE FRIES PEAS & CARROTS TURKEY&SWISS HAM & TURKEY CLUB BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR BROCC-PINEAPPLE SALAD FRUIT CUP FRUIT JUICE MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing 1% MILK CHOC FF MILK
Feb - 4  "YANG'S CHINESE" BBQ TERIYAKI CHICKEN "OR" LEMON GRASS CHICKEN LO MEIN NOODLES & VEGETABLES BROCCOLI SPEARS EGG ROLL FORTUNE COOKIE GRILLED CHICK'N SANDWI CHARBROILED BURGER FRENCH FRIES TURKEY&SWISS HAM &PEPPERJACK CHEE on CIABATTA BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD CRACKER BITES POTATO SALAD GARDEN BAR FRUIT CUP FRUIT JUICE Sandwich Dressing KETCHUP MUSTARD PKT LITE RANCH MILK choice	Feb - 5  PORK CARNITAS RICE BO "OR" CHICK'N QUESADILLAS TORTILLA CHIPS QUESO BLANCO "MADE FRESH" SALSA CHICKEN BREAST BITES WG ROLL & JELLY CHARBROILED BURGER FRENCH FRIES TURKEY & CHEESE SAND COMBO MINI-SUB BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR FRUIT CUP FRESH FRUIT BOWL KETCHUP LOW FAT RANCH DRESSIN Sandwich Dressing MUSTARD PKT 1% MILK CHOC FF MILK	Feb - 6  BRD CHICKEN TENDERS MASHED POTATOES CREAM GRAVY BRD CHICKEN TENDERS STEAK BURGER w/CHEES FRENCH FRIES SEASONED GREEN BEANS COMBO MINI-SUB HAM &PEPPERJACK CHEE on CIABATTA BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR CUCUMBERS /TOMATOES FRUIT CUP FRESH FRUIT BOWL KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	Feb - 7  BBQ RIB HOAGIE GLAZED CHICKEN DRUMSTICK BBQ SAUCE TATER GEMS BAKED BEANS SPICY CHICKEN SANDWIC CHARBROILED BURGER FRENCH FRIES FLATBREAD TURKEY CLU COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD CRACKER BITES GARDEN BAR FRUIT CUP FRESH FRUIT BOWL MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing MILK choice	Feb - 8  CHOOSE YOUR PIZZA BUFFALO CHICKEN PIZZA SEAFOOD MEDLEY SEAS POTATO WEDGES CHARBROILED BURGER FRENCH BREAD PIZZA KRINKLE FRIES PEAS & CARROTS TURKEY&SWISS HAM & TURKEY CLUB BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR BROCC-PINEAPPLE SALAD FRUIT CUP FRUIT JUICE MUSTARD PKT RANCH DRESSING TARTAR SAUCE 1% MILK CHOC FF MILK

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Feb - 11  "YANG'S CHINESE" MANDARIN ORANGE CHIC "OR" GENERAL TSO'S CHICKEN FRIED RICE BROCCOLI SPEARS EGG ROLL FORTUNE COOKIE GRILLED CHICK'N SANDWI CHARBROILED BURGER FRENCH FRIES TURKEY&SWISS HAM &PEPPERJACK CHEE on CIABATTA BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD CRACKER BITES POTATO SALAD GARDEN BAR FRUIT CUP FRUIT JUICE Sandwich Dressing KETCHUP MUSTARD PKT LITE RANCH MILK choice	Feb - 12  STREET TACOS PORK CARNITAS CRUNCHY TACOS TACO TOPPERS "MADE FRESH" SALSA REFRIED BEANS CHICK'N FILET SANDWICH W/ SWISS CHEESE CHARBROILED BURGER FRENCH FRIES TURKEY & CHEESE SAND COMBO MINI-SUB BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR FRUIT CUP FRESH FRUIT BOWL KETCHUP LOW FAT RANCH DRESSIN Sandwich Dressing MUSTARD PKT 1% MILK CHOC FF MILK	Feb - 13  BRD CHICKEN TENDERS MASHED POTATOES CREAM GRAVY BRD CHICKEN TENDERS STEAK BURGER w/CHEES FRENCH FRIES SEASONED GREEN BEANS COMBO MINI-SUB HAM &PEPPERJACK CHEE on CIABATTA BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR CUCUMBERS /TOMATOES FRUIT CUP FRESH FRUIT BOWL KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	Feb - 14  YOUR WAY-SUB DAY YOUR WAY BURGER DAY FRENCH BREAD PIZZA DIPPING SAUCE CHICK'N FILET SANDWICH FRENCH FRIES FLATBREAD TURKEY CLU COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD CRACKER BITES SANDWICH SALAD CUP SPINACH SALAD W/FRUIT BABY CARROTS and CELERY STICKS POTATO SALAD FRUIT CUP FRESH FRUIT BOWL MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing MILK choice	Feb - 15  CHOOSE YOUR PIZZA MAC & CHEESE PIG-IN-A-BLANKET POTATO CRUNCH POLLOCK NUGGETS GARLIC KNOT CHARBROILED BURGER KRINKLE FRIES SEASONED GREEN BEANS TURKEY&SWISS HAM & TURKEY CLUB BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR BROCC-PINEAPPLE SALAD FRUIT CUP FRUIT JUICE MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing 1% MILK CHOC FF MILK
Feb - 18  NO SCHOOL TODAY PROFESSIONAL DEVELOPMENT DAY	Feb - 19  TACO SALAD BOWL (w/lettuce, cheese, tom) CHICKEN TAQUITOS QUESO BLANCO REFRIED BEANS CHICK'N FILET SANDWICH W/ SWISS CHEESE CHARBROILED BURGER FRENCH FRIES TURKEY & CHEESE SAND COMBO MINI-SUB BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR FRUIT CUP FRESH FRUIT BOWL KETCHUP LOW FAT RANCH DRESSIN Sandwich Dressing MUSTARD PKT 1% MILK CHOC FF MILK	Feb - 20  BRD CHICKEN TENDERS MASHED POTATOES CREAM GRAVY BRD CHICKEN TENDERS STEAK BURGER w/CHEES FRENCH FRIES SEASONED GREEN BEANS COMBO MINI-SUB HAM &PEPPERJACK CHEE on CIABATTA BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR CUCUMBERS /TOMATOES FRUIT CUP FRESH FRUIT BOWL KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	Feb - 21  BEEF FINGERS "OR" CHICKEN DRUMSTICK MASHED POTATOES CREAM GRAVY SEASONED GREEN BEANS WG ROLL & JELLY SPICY CHICKEN SANDWIC CHARBROILED BURGER FRENCH FRIES TURKEY&SWISS HAM &PEPPERJACK CHEE on CIABATTA BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD CRACKER BITES POTATO SALAD GARDEN BAR FRUIT CUP FRUIT JUICE Sandwich Dressing KETCHUP MUSTARD PKT LITE RANCH MILK choice	Feb - 22  CHOOSE YOUR PIZZA BUFFALO CHICKEN PIZZA BBQ PULLED PORK SAND PICKLE SPEAR CHARBROILED BURGER ALL BEEF HOT DOG POTATO SPIRALS TURKEY&SWISS HAM & TURKEY CLUB BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR BAKED BEANS BROCC-PINEAPPLE SALAD FRUIT CUP FRUIT JUICE MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing 1% MILK CHOC FF MILK

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**Rogers Public Schools**  
**SENIOR HIGH LUNCH**

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 25	Feb - 26	Feb - 27	Feb - 28	Mar - 1
"YANG'S CHINESE" MANDARIN ORANGE CHIC "OR" GENERAL TSO'S CHICKEN LO MEIN NOODLES & VEGETABLES BROCCOLI SPEARS EGG ROLL FORTUNE COOKIE GRILLED CHICK'N SANDWI CHARBROILED BURGER FRENCH FRIES TURKEY&SWISS HAM &PEPPERJACK CHEE on CIABATTA BAKED CHIPS VEGGIE CHEF SALAD COMBO CHEF SALAD CRACKER BITES POTATO SALAD GARDEN BAR FRUIT CUP FRUIT JUICE Sandwich Dressing KETCHUP MUSTARD PKT LITE RANCH MILK choice	BAKED POTATO W/CHILI CINN & FRUIT PULL- APAR HOT DOG W/CHILI CHARBROILED BURGER HAM & CHEESE MELT FRENCH FRIES MIXED VEGETABLES TURKEY & CHEESE SAND COMBO MINI-SUB BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES MEXICAN COLE SLAW GARDEN BAR FRUIT CUP FRESH FRUIT BOWL KETCHUP LOW FAT RANCH DRESSIN Sandwich Dressing MUSTARD PKT 1% MILK CHOC FF MILK	BRD CHICKEN TENDERS MASHED POTATOES CREAM GRAVY BRD CHICKEN TENDERS STEAK BURGER w/CHEES FRENCH FRIES SEASONED GREEN BEANS COMBO MINI-SUB HAM &PEPPERJACK CHEE on CIABATTA BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR CUCUMBERS /TOMATOES FRUIT CUP FRESH FRUIT BOWL KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	CHOOSE YOUR PIZZA ROAST TURKEY BROCC, CHEESE & RICE CASSEROLE VEG MEDLEY (brocc,caulif,carrots) HONEY YEAST ROLL FRENCH BREAD PIZZA CHARBROILED BURGER FRENCH FRIES COMBO CHEF SALAD VEGGIE CHEF SALAD TURKEY SPINACH WRAP HAM & CHS CROISSANT GARDEN BAR FRESH FRUIT BOWL BBERRY,PEACH &BANANA FRUIT CUP MILK choice	CHOOSE YOUR PIZZA BAKED LASAGNA GARLIC KNOT CHARBROILED BURGER CHICKEN BREAST BITES KRINKLE FRIES PEAS & CARROTS TURKEY&SWISS HAM & TURKEY CLUB BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR BROCC-PINEAPPLE SALAD FRUIT CUP FRUIT JUICE MUSTARD PKT LOW FAT DRESSINGS Sandwich Dressing 1% MILK CHOC FF MILK

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