

Rogers Public Schools

K-5 LUNCH MENU

Jan 22, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
				Feb - 1 CHEESE PIZZA SLICE "OR" SPICY CHICK STRIPS SEASONED GREEN BEANS BABY CARROTS RANCH DRESSING FRUIT CUP MILK choice
Feb - 4 WG MINI CORN DOGS "OR" ALL AMERICAN DOG CHOICE OF SIDES KRINKLE FRIES FRESH EDAMAME SALAD CUCUMBERS /TOMATOES FRUIT CUP KETCHUP MUSTARD PKT MILK choice	Feb - 5 CHICK'N QUESADILLAS "MADE FRESH" SALSA REFRIED BEANS "OR" HAM & CHS CROISSANT BAKED CHIPS CHOICE OF SIDES BABY CARROTS GARDEN SALAD HONEY MUSTARD ORANGE WEDGES-6 MILK choice	Feb - 6 CHEESEBURGER "OR" WG CHICKEN NUGGETS CHOICE OF SIDES TATER "EMOJI'S" SWEET CORN SPINACH SALAD W/FRUIT GRAPES,Fresh KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	Feb - 7 BEEF FINGERS MASHED POTATOES BROWN GRAVY BROCCOLI SPEARS WHEAT ROLL JELLY "OR" MEATLESS CHEF SALAD RANCH DRESSING VANILLA BEAR GRAHAM CHOICE OF SIDES FRUIT CUP MILK choice	Feb - 8 CHEESE PIZZA SLICE "OR" CHICKEN TAQUITOS CHEESE SAUCE CHOICE OF SIDES MIXED VEGETABLES BABY CARROTS RANCH DRESSING FRUIT CUP MILK choice
Feb - 11 "BRKFAST FOR LUNCH" PANCAKES & SAUSAGE YOGURT CUP "OR" CHARBROILED BURGER KRINKLE FRIES SANDWICH SALAD CUP CHOICE OF SIDES DRAGON JUICE ORANGE WEDGES-6 KETCHUP MUSTARD PKT MILK choice	Feb - 12 CRUNCHY TACOS TACO TOPPERS "OR" CHICK'N FILET SANDWICH CHOICE OF SIDES SWEET CORN COLESLAW FRUIT CUP MILK choice	Feb - 13 HOMESTYLE VEG BEEF SOUP "AND" TOASTED HAM & CHEESE "OR" TURKEY SPINACH WRAP CHOICE OF SIDES BABY CARROTS and CELERY STICKS RANCH DRESSING FRESH FRUIT BOWL MILK choice	Feb - 14 CRISPY CHICKEN STRIPS MASHED POTATOES BROCCOLI SPEARS "OR" CHEF SALAD W/HAM&TUR RANCH DRESSING CHOICE OF SIDES STRAWBERRY CUP CHOCOLATE BEAR GRAHAM MILK choice	Feb - 15 FRENCH BREAD PIZZA "OR" BAKED POTATO W/CHILI GARLIC KNOT CHOICE OF SIDES SEASONED GREEN BEANS GARDEN SALAD RANCH DRESSING FRUIT CUP MILK choice
Feb - 18 NO SCHOOL TODAY PROFESSIONAL DEVELOPMENT DAY	Feb - 19 CHARBROILED BURGER SANDWICH SALAD CUP "OR" WG MINI CORN DOGS CHOICE OF SIDES KRINKLE FRIES BABY CARROTS and CELERY STICKS BEANS IN SAUCE KETCHUP MUSTARD PKT RANCH DRESSING STRAWBERRY CUP MILK choice	Feb - 20 WG FISH STIX "OR" WG CHICKEN NUGGETS "AND" MAC & CHEESE CHOICE OF SIDES SEASONED GREEN BEANS CUCUMBERS /TOMATOES APPLE WEDGES KETCHUP MILK choice	Feb - 21 ROAST PORK CHEESEY MASHED POTATOES Wheat Roll MIXED VEGETABLES "OR" DELI TURKEY MINI SUB BAKED CHIPS CHOICE OF SIDES COLESLAW GRAPES,Fresh MILK choice	Feb - 22 CHEESE PIZZA SLICE "OR" FRENCH BREAD PIZZA CHOICE OF SIDES BROCCOLI SPEARS BABY CARROTS RANCH DRESSING FRESH EDAMAME SALAD FRUIT CUP MILK choice

**NA* - 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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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 25	Feb - 26	Feb - 27	Feb - 28	Mar - 1
CHARBROILED BURGER SANDWICH SALAD CUP "OR" WG CHICKEN NUGGETS CHOICE OF SIDES KRINKLE FRIES SWEET CORN FRUIT CUP KETCHUP MUSTARD PKT MILK choice	PIG-IN-A-BLANKET "OR" BBQ RIB HOAGIE PICKLE SPEAR CHOICE OF SIDES MIXED VEGETABLES BAKED BEANS KETCHUP MUSTARD PKT FRUIT CUP MILK choice	MAC & CHEESE BROCCOLI SPEARS HONEY YEAST ROLL JELLY "OR" COMBO MINI-SUB BAKED CHEETOS SANDWICH SALAD CUP CHOICE OF SIDES FRESH EDAMAME SALAD RANCH DRESSING FRUIT CUP MILK choice	CHICKEN DRUMSTICK BROCC, CHEESE & RICE CASSEROLE GARLIC KNOT VEG MEDLEY (brocc,caulif,carrots) "OR" MEATLESS CHEF SALAD CHEEZ-IT WG CRACKERS RANCH DRESSING FROZEN JUICE TREAT MILK choice	CHEESE PIZZA SLICE "OR" SPICY CHICK STRIPS SEASONED GREEN BEANS BABY CARROTS RANCH DRESSING FRUIT CUP CHOCOLATE BEAR GRAHAM MILK choice

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