

# Rogers Public Schools

## MIDDLE SCHOOL CHOICE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				Feb - 1  CHOOSE YOUR PIZZA SPICY CHICKEN SANDWIC CHARBROILED BURGER KRINKLE FRIES SEASONED GREEN BEANS TURKEY SPINACH WRAP COMBO CHEF SALAD VANILLA BEAR GRAHAM GARDEN BAR APPLE WEDGES CHOCOLATE CHIP COOKIE MILK choice
Feb - 4  SPAGHETTI&MEATBALLS BREADSTICK SEASONED GREEN BEANS BBQ PORK SLIDER CHARBROILED BURGER SEAS POTATO WEDGES FLATBREAD TURKEY CLU BAKED CHIPS VEGGIE CHEF SALAD VANILLA BEAR GRAHAM GARDEN BAR POTATO SALAD FRUIT CUP KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	Feb - 5  BEEF BURRITO CHICKEN TAQUITOS REFRIED BEANS "MADE FRESH" SALSA CHARBROILED BURGER FRENCH FRIES SWEET CORN DELI TURKEY SUB BAKED CHIPS COMBO CHEF SALAD CRACKER BITES CHOICE OF SIDES GARDEN BAR HONEY MUSTARD KETCHUP ORANGE WEDGES-6 MILK choice	Feb - 6  BRD CHICKEN TENDERS CHARBROILED BURGER FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) FLATBREAD TURKEY CLU BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR CUCUMBERS /TOMATOES FRUIT CUP KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	Feb - 7  YOUR WAY-SUB DAY BAKED CHIPS YOUR WAY BURGER DAY SEAFOOD MEDLEY POTATO SPIRALS VEGGIE CHEF SALAD CRACKER BITES CHOICE OF SIDES GARDEN BAR FRESH FRUIT BOWL MUSTARD PKT RANCH DRESSING MILK choice	Feb - 8  CHOOSE YOUR PIZZA CHEESEBURGER KRINKLE FRIES SEASONED GREEN BEANS BABY CARROTS W/ RANCH COMBO CHEF SALAD VANILLA BEAR GRAHAM APPLE WEDGES MILK choice
Feb - 11  "BRKFEST FOR LUNCH" PANCAKES & SAUSAGE FRUIT & YOGURT PARFAIT CHARBROILED BURGER HAM &PEPPERJACK CHEE on CIABATTA FRENCH FRIES DELI TURKEY SUB BAKED CHIPS COMBO CHEF SALAD CRACKER BITES CHOICE OF SIDES GARDEN BAR HONEY MUSTARD KETCHUP ORANGE WEDGES-6 MILK choice	Feb - 12  CRUNCHY TACOS TACO TOPPERS "MADE FRESH" SALSA CORN with PEPPERS CHARBROILED BURGER CHICK'N FILET SANDWICH KRINKLE FRIES TURKEY & CHEESE SAND BAKED CHIPS COMBO CHEF SALAD VANILLA BEAR GRAHAM CUCUMBERS /TOMATOES GARDEN BAR FRESH FRUIT BOWL KETCHUP RANCH DRESSING MILK choice	Feb - 13  TOASTED HAM & CHEESE HOMESTYLE VEG BEEF SOUP GOLDFISH CRACKERS ALL AMERICAN DOG CHARBROILED BURGER FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) FLATBREAD TURKEY CLU BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR CUCUMBERS /TOMATOES FRUIT CUP KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	Feb - 14  BEEF FINGERS MASHED POTATOES BROWN GRAVY SEASONED GREEN BEANS HONEY YEAST ROLL GRILLED CHICK'N SANDWI CHARBROILED BURGER KRINKLE FRIES COMBO MINI-SUB BAKED CHIPS VEGGIE CHEF SALAD HONEY GRAHAMS CHOICE OF SIDES GARDEN BAR FRESH FRUIT BOWL MUSTARD PKT RANCH DRESSING MILK choice	Feb - 15  CHOOSE YOUR PIZZA HAM &PEPPERJACK CHEE on CIABATTA CHARBROILED BURGER FRENCH FRIES MEATBALL SUB BAKED CHIPS COMBO CHEF SALAD CRACKER BITES CHOICE OF SIDES GARDEN BAR FRUIT CUP 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 18  NO SCHOOL TODAY	Feb - 19  "YANG'S CHINESE" MANDARIN ORANGE CHIC EGG ROLL LO MEIN NOODLES & VEGETABLES FORTUNE COOKIE CHICK'N FILET SANDWICH CHARBROILED BURGER FRENCH FRIES DELI TURKEY MINI SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR MEXICAN COLE SLAW KETCHUP MUSTARD PKT RANCH DRESSING ORANGE WEDGES-6 MILK choice	Feb - 20  BRD CHICKEN TENDERS CHARBROILED BURGER FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) FLATBREAD TURKEY CLU BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR CUCUMBERS /TOMATOES FRUIT CUP KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	Feb - 21  YOUR WAY-SUB DAY BAKED CHIPS YOUR WAY BURGER DAY SEAFOOD MEDLEY KRINKLE FRIES VEGGIE CHEF SALAD CRACKER BITES CHOICE OF SIDES GARDEN BAR FRESH FRUIT BOWL MUSTARD PKT RANCH DRESSING MILK choice	Feb - 22  CHOOSE YOUR PIZZA CHARBROILED BURGER HOT DOG W/CHILI POTATO SPIRALS SWEET CORN DELI TURKEY MINI SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR BROCC-PINEAPPLE SALAD FRUIT CUP MUSTARD PKT MILK choice
Feb - 25  CHICKEN BREAST BITES MAC & CHEESE GRILLED CHICK'N SANDWI CHARBROILED BURGER FRENCH FRIES MIXED VEGETABLES FLATBREAD TURKEY CLU BAKED CHIPS COMBO CHEF SALAD CRACKER BITES CHOICE OF SIDES FRESH EDAMAME SALAD GARDEN BAR FRUIT CUP MILK choice	Feb - 26  CHICK'N QUESADILLAS "MADE FRESH" SALSA REFRIED BEANS ALL AMERICAN DOG CHARBROILED BURGER KRINKLE FRIES SWEET CORN TURKEY&SWISS BAKED CHIPS COMBO CHEF SALAD VANILLA BEAR GRAHAM CHOICE OF SIDES GARDEN BAR MEXICAN COLE SLAW FRUIT CUP KETCHUP RANCH DRESSING MILK choice	Feb - 27  BBQ PULLED PORK SAND CHARBROILED BURGER WG MINI CORN DOGS KRINKLE FRIES BROCCOLI SPEARS TURKEY SPINACH WRAP BAKED CHIPS VEGGIE CHEF SALAD POTATO SALAD GARDEN BAR ORANGE WEDGES-6 RANCH DRESSING KETCHUP MUSTARD PKT MILK choice	Feb - 28  ROAST TURKEY MASHED POTATOES CHICKEN GRAVY HONEY YEAST ROLL BROCCOLI SPEARS CHARBROILED BURGER WG MINI CORN DOGS FRENCH FRIES TURKEY SPINACH WRAP BAKED CHIPS VEGGIE CHEF SALAD POTATO SALAD GARDEN BAR ORANGE WEDGES-6 RANCH DRESSING KETCHUP MUSTARD PKT MILK choice	

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