

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

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1  YOUR WAY-SUB DAY YOUR WAY BURGER DAY FRENCH BREAD PIZZA DIPPING SAUCE CHICK'N FILET SANDWIC 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	Nov - 2  CHOOSE YOUR PIZZA MAC & CHEESE CHICKEN BREAST BITES CHARBROILED BURGER WG FISH STIX KRINKLE FRIES PEAS & CARROTS TURKEY&SWISS HAM & CHS KAISER 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
Nov - 5  "YANG'S CHINESE" BBQ TERIYAKI CHICKEN "OR" LEMON GRASS CHICKEN LO MEIN NOODLES & VEGETABLES BROCCOLI SPEARS EGG ROLL FORTUNE COOKIE GRILLED CHICK'N SANDW CHARBROILED BURGER FRENCH FRIES TURKEY&SWISS HAM & PEPPERJACK CHE 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	Nov - 6  TACO SALAD BOWL (w/lettuce, cheese, tom) "OR" CHICK' ENCHILADA REFRIED BEANS CHICK'N FILET SANDWIC 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 DRESSI Sandwich Dressing MUSTARD PKT 1% MILK CHOC FF MILK	Nov - 7  BRD CHICKEN TENDERS MASHED POTATOES CREAM GRAVY BRD CHICKEN TENDERS STEAK BURGER w/CHEES FRENCH FRIES SEASONED GREEN BEAN COMBO MINI-SUB HAM & PEPPERJACK CHE 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	Nov - 8  BEEF FINGERS "OR" CHICKEN DRUMSTICK MASHED POTATOES CREAM GRAVY SEASONED GREEN BEAN WW ROLL with JELLY SPICY CHICKEN SANDWI CHARBROILED BURGER FRENCH FRIES TURKEY&SWISS HAM & PEPPERJACK CHE 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	Nov - 9  CHOOSE YOUR PIZZA BUFFALO CHICKEN PIZZA BBQ PULLED PORK SAND PICKLE SPEAR CHARBROILED BURGER ALL BEEF HOT DOG POTATO SPIRALS TURKEY&SWISS HAM & CHS KAISER 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

*\*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.*

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 12  "YANG'S CHINESE" MANDARIN ORANGE CHIC "OR" GENERAL TSO'S CHICKEN LO MEIN NOODLES & VEGETABLES BROCCOLI SPEARS EGG ROLL FORTUNE COOKIE GRILLED CHICK'N SANDW CHARBROILED BURGER FRENCH FRIES TURKEY&SWISS HAM &PEPPERJACK CHE 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	Nov - 13  BEEF BURRITO QUESO BLANCO REFRIED BEANS "OR" FISH TACOS MEXICAN COLE SLAW CORN with PEPPERS CHICK'N FILET SANDWIC 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 DRESSI Sandwich Dressing MUSTARD PKT 1% MILK CHOC FF MILK	Nov - 14  BRD CHICKEN TENDERS MASHED POTATOES CREAM GRAVY BRD CHICKEN TENDERS STEAK BURGER w/CHEES FRENCH FRIES SEASONED GREEN BEAN COMBO MINI-SUB HAM &PEPPERJACK CHE 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	Nov - 15  THANKSGIVING FEAST ROAST TURKEY MASHED POTATOES TURKEY GRAVY SEASONED GREEN BEAN WHEAT ROLL MARGARINE HOLIDAY FRUIT SALAD CANDY CORN CAKE FRENCH BREAD PIZZA CHARBROILED BURGER FRENCH FRIES COMBO CHEF SALAD GARDEN BAR FRESH FRUIT BOWL MILK choice	Nov - 16  CHOOSE YOUR PIZZA MAC & CHEESE CHICKEN BREAST BITES GARLIC KNOT BROCCOLI SPEARS CHEESEBURGER KRINKLE FRIES HAM &PEPPERJACK CHE on CIABATTA BAKED CHIPS COMBO CHEF SALAD VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR FRUIT CUP FRUIT JUICE MUSTARD PKT LOW FAT DRESSINGS MILK choice
Nov - 19  NO SCHOOL TODAY	Nov - 20  NO SCHOOL TODAY	Nov - 21  NO SCHOOL TODAY	Nov - 22  NO SCHOOL TODAY	Nov - 23  NO SCHOOL TODAY

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 26	Nov - 27	Nov - 28	Nov - 29	Nov - 30
"YANG'S CHINESE" MANDARIN ORANGE CHIC LO MEIN NOODLES & VEGETABLES "OR" LEMON GRASS CHICKEN BROCCOLI SPEARS EGG ROLL FORTUNE COOKIE GRILLED CHICK'N SANDW CHARBROILED BURGER FRENCH FRIES TURKEY&SWISS HAM &PEPPERJACK CHE 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	PORK CARNITAS RICE BO "OR" CHICK'N QUESADILLAS TORTILLA CHIPS QUESO BLANCO "MADE FRESH" SALSA CHICKEN BREAST BITES WW ROLL with 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 DRESSI 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 BEAN COMBO MINI-SUB HAM &PEPPERJACK CHE 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	BBQ RIB HOAGIE GLAZED CHICKEN DRUMSTICK BBQ SAUCE TATER GEMS BAKED BEANS CHICK'N FILET 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	CHOOSE YOUR PIZZA BUFFALO CHICKEN PIZZA SEAFOOD MEDLEY SEAS POTATO WEDGES CHARBROILED BURGER FRENCH BREAD PIZZA KRINKLE FRIES PEAS & CARROTS TURKEY&SWISS HAM & CHS KAISER 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

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