

Rogers Public Schools

K-5 LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 CHICKEN DRUMSTICK MASHED POTATOES CREAM GRAVY SWEET CORN "OR" CHEF SALAD W/HAM&TU RANCH DRESSING CHOICE OF SIDES FRUIT CUP CHOCOLATE BEAR GRAHAM MILK choice	Nov - 2 CHEESE PIZZA SLICE "OR" BAKED POTATO WITH TOPPINGS GARLIC KNOT CHOICE OF SIDES GARDEN SALAD RANCH DRESSING SEASONED GREEN BEAN FRUIT CUP RICE KRISPIE MINI TREAT MILK choice
Nov - 5 CHARBROIL BURGER LETTUCE&PICKLE CUP "OR" ALL AMERICAN DOG CHOICE OF SIDES CORN CHIPS BABY CARROTS and CELERY STICKS BEANS IN SAUCE KETCHUP MUSTARD PKT RANCH DRESSING STRAWBERRY CUP MILK choice	Nov - 6 TINY TACOS TACO TOPPERS CORN with PEPPERS "OR" HAM & CHS CROISSANT BAKED CHIPS CHOICE OF SIDES CUCUMBERS /TOMATOES RANCH DRESSING FRUIT CUP MILK choice	Nov - 7 SPAGHETTI & MEAT SAU BREADSTICK MIXED VEGETABLES "OR" DELI TURKEY MINI SUB BAKED CHIPS SANDWICH SALAD CUP CHOICE OF SIDES COLESLAW GRAPES,Fresh RANCH DRESSING MILK choice	Nov - 8 WG MINI CORN DOGS "OR" BBQ PORK SLIDER CHOICE OF SIDES KRINKLE FRIES SEASONED GREEN BEAN APPLE WEDGES KETCHUP MILK choice	Nov - 9 CHEESE PIZZA SLICE "OR" FRENCH BREAD PIZZA CHOICE OF SIDES BROCCOLI SPEARS BABY CARROTS RANCH DRESSING FRESH EDAMAME SALAD FRUIT CUP MILK choice
Nov - 12 CHARBROIL BURGER "OR" SPICY CHICK STRIPS CHOICE OF SIDES KRINKLE FRIES SWEET CORN FRUIT CUP KETCHUP MUSTARD PKT MILK choice	Nov - 13 GLAZED CHICKEN DRUMSTICK GARLIC KNOT "OR" BBQ RIB HOAGIE PICKLE SPEAR CHOICE OF SIDES MIXED VEGETABLES BAKED BEANS GARDEN SALAD RANCH DRESSING KETCHUP FRUIT CUP MILK choice	Nov - 14 MAC & CHEESE BROCCOLI SPEARS WHEAT ROLL JELLY "OR" COMBO MINI-SUB BAKED CHEETOS SANDWICH SALAD CUP CHOICE OF SIDES FRESH EDAMAME SALAD CUCUMBERS /TOMATOES RANCH DRESSING FRUIT CUP MILK choice	Nov - 15 THANKSGIVING FEAST ROAST TURKEY MASHED POTATOES TURKEY GRAVY SEASONED GREEN BEAN WHEAT ROLL MARGARINE HOLIDAY FRUIT SALAD CANDY CORN CAKE MILK choice	Nov - 16 CHEESE PIZZA SLICE "OR" CHICKEN TAQUITOS CHEESE SAUCE CHOICE OF SIDES VEG MEDLEY (brocc,caulif,carrots) BABY CARROTS RANCH DRESSING FRUIT CUP MILK choice
Nov - 19 NO SCHOOL TODAY	Nov - 20 NO SCHOOL TODAY	Nov - 21 NO SCHOOL TODAY	Nov - 22 HOLIDAY	Nov - 23 NO SCHOOL TODAY

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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Oct 29, 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 26 WG MINI CORN DOGS "OR" ALL AMERICAN DOG CHOICE OF SIDES KRINKLE FRIES FRESH EDAMAME SALAD FRUIT CUP KETCHUP MUSTARD PKT MILK choice	Nov - 27 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	Nov - 28 CHEESEBURGER "OR" WG CHICKEN NUGGETS CHOICE OF SIDES SEAS POTATO WEDGES SWEET CORN SPINACH SALAD W/FRUIT GRAPES,Fresh KETCHUP MUSTARD PKT RANCH DRESSING MILK choice	Nov - 29 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	Nov - 30 CHEESE PIZZA SLICE "OR" SPICY CHICK STRIPS CHOICE OF SIDES SEASONED GREEN BEAN BABY CARROTS and CELERY STICKS RANCH DRESSING FRUIT CUP MILK choice

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