

Rogers Public Schools

MIDDLE SCHOOL CHOICE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 BEEF FINGERS MASHED POTATOES BROWN GRAVY SEASONED GREEN BEAN WHEAT ROLL GRILLED CHICK'N SANDW CHARBROIL 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	Nov - 2 CHOOSE YOUR PIZZA WG FISH STIX CHARBROIL BURGER FRENCH FRIES FLATBREAD TURKEY CLU BAKED CHIPS COMBO CHEF SALAD CRACKER BITES CHOICE OF SIDES GARDEN BAR FRUIT CUP MILK choice
Nov - 5 "YANG'S CHINESE" BBQ TERIYAKI CHICKEN ORIENTAL FRIED RICE CHINESE VEGETABLES EGG ROLL FORTUNE COOKIE CHARBROIL BURGER CRISPY CHICKEN SAND KRINKLE FRIES HAM & CHS CROISSANT BAKED CHIPS COMBO CHEF SALAD CRACKER BITES RANCH DRESSING GARDEN BAR FRUIT CUP MILK choice	Nov - 6 TACO SALAD BOWL (w/lettuce, cheese, tom) SLICED JALAPENOS (OPTIONAL) CHARBROIL BURGER CHICK'N FILET SANDWIC W/ SWISS CHEESE 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	Nov - 7 BBQ PULLED PORK SAND BAKED POTATO LOW FAT SOUR CREAM BAKED BEANS BROCCOLI SPEARS CHARBROIL 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	Nov - 8 CHICKEN DRUMSTICK MASHED POTATOES CHICKEN GRAVY SEASONED GREEN BEAN WHEAT ROLL CHARBROIL BURGER SPICY CHICKEN SANDWI KRINKLE FRIES HAM & PEPPERJACK CHE on CIABATTA BAKED CHEETOS COMBO CHEF SALAD CRACKER BITES GARDEN BAR FRUIT CUP KETCHUP RANCH DRESSING MILK choice	Nov - 9 CHOOSE YOUR PIZZA CHARBROIL 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

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
Nov - 12 WG CHICKEN NUGGETS MAC & CHEESE GRILLED CHICK'N SANDW CHARBROIL BURGER FRENCH FRIES SAVORY PEAS FLATBREAD TURKEY CLU BAKED CHIPS COMBO CHEF SALAD CRACKER BITES CHOICE OF SIDES GARDEN BAR FRUIT CUP MILK choice	Nov - 13 CHICK'N QUESADILLAS "MADE FRESH" SALSA FIESTA RICE ALL AMERICAN DOG CHARBROIL 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	Nov - 14 BRD CHICKEN TENDERS CHARBROIL BURGER FRENCH FRIES VEG MEDLEY (brocc,caulif,carrots) CHICKEN PARMESAN FLATMELT BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR CUCUMBERS /TOMATOES FRUIT CUP 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 SEAFOOD MEDLEY CHARBROIL BURGER KRINKLE FRIES VEGGIE CHEF SALAD CRACKER BITES CHOICE OF SIDES GARDEN BAR FRESH FRUIT BOWL MUSTARD PKT RANCH DRESSING MILK choice	Nov - 16 CHOOSE YOUR PIZZA CHEESEBURGER KRINKLE FRIES SEASONED GREEN BEAN BABY CARROTS W/ RANCH COMBO CHEF SALAD VANILLA BEAR GRAHAM APPLE WEDGES 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
Nov - 26 SPAGHETTI&MEATBALLS BREADSTICK SEASONED GREEN BEAN BBQ PORK SLIDER CHARBROIL 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	Nov - 27 BEEF BURRITO CHICKEN TAQUITOS-3 EA REFRIED BEANS "MADE FRESH" SALSA CHARBROIL 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	Nov - 28 BBQ RIB HOAGIE SEAS POTATO WEDGES ALL AMERICAN DOG CHARBROIL BURGER KRINKLE FRIES FLATBREAD TURKEY CLU BAKED CHIPS COMBO CHEF SALAD VANILLA BEAR GRAHAM BROCC-PINEAPPLE SALAD GARDEN BAR FRUIT CUP MUSTARD PKT RANCH DRESSING MILK choice	Nov - 29 FRENCH BREAD PIZZA DIPPING SAUCE CRISPY CHICKEN SAND CHEESEBURGER POTATO SPIRALS HAM &PEPPERJACK CHE on CIABATTA BAKED CHIPS MEATLESS CHEF SALAD CRACKER BITES GARDEN BAR FRESH FRUIT BOWL MUSTARD PKT RANCH DRESSING MILK choice	Nov - 30 CHOOSE YOUR PIZZA CHARBROIL BURGER GRILLED CHICK'N SANDW KRINKLE FRIES BROCCOLI SPEARS DELI TURKEY MINI SUB BAKED CHIPS VEGGIE CHEF SALAD CRACKER BITES GARDEN BAR FRUIT CUP MUSTARD PKT MILK choice

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