

Rogers Public Schools

SENIOR HIGH LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
May - 3 CHICK'N FILET SANDWICH "OR" DOUBLE CORN DOGS FRENCH FRIES DELI TURKEY SUB BAKED POTATO CHIPS CHOICE OF SIDES BAKED BEANS BABY CARROTS CHERRY PEAR CUP APPLES,Fresh KETCHUP MUSTARD PKT MAYO PKT MILK	May - 4 ALL MEAT BURRITO CHEDDAR CHEESE SAUCE JALEPENO PEPPERS "OR" CHARBROILED BURGER LETTUCE&PICKLE FRENCH FRIES VEGGIE CHEF SALAD VARIETY MUFFINS RANCH CHOICE OF SIDES CORN with PEPPERS REFRIED BEANS PEACH CUP FRUIT JUICE MILK	May - 5 BRD CHICKEN TENDERS MASHED POTATOES CHICKEN GRAVY "OR" FRENCH FRIES KETCHUP DELI HAM and CHEESE SUB ASSORTED CHIPS SANDWICH SALAD CUP CHOICE OF SIDES Wheat Roll SEASONED GREEN BEANS STRAWBERRIES BANANAS MILK	May - 6 CHICKEN TERIYAKI EGG ROLL LO MEIN NOODLES & VEGETABLES "OR" ORIENTAL FRIED RICE FRESH EDAMAME SALAD FORTUNE COOKIE CHARBROILED BURGER FRENCH FRIES KETCHUP LETTUCE&PICKLE "OR" COMBO CHEF SALAD DINNER ROLL RANCH CHOICE OF SIDES BROCCOLI SPEARS PEACH CUP FRUIT JUICE MILK	May - 7 AT HOME INSTRUCTION
May - 10 TOASTED TURKEY CLUB "OR" CHARBROILED BURGER FRENCH FRIES HAM & PEPPERJACK CHEES on CIABATTA BAKED POTATO CHIPS CHOICE OF SIDES LETTUCE&PICKLE PEACH CUP FRUIT JUICE KETCHUP MUSTARD PKT MILK	May - 11 PULLED PORK HOAGIE SEAS POTATO WEDGES PICKLE SPEAR BAKED BEANS "OR" SPICY CHICKEN SANDWICH FRENCH FRIES KETCHUP VEGGIE CHEF SALAD CINNAMON GRAHAM CRACKERS CHOICE OF SIDES SIDE SALAD RANCH BBQ SAUCE APPLES,Fresh MILK	May - 12 BRD CHICKEN TENDERS FRENCH FRIES "OR" OVEN ROASTED CHICKEN MASHED POTATOES Wheat Roll TURKEY&SWISS ASSORTED CHIPS SANDWICH SALAD CUP CHOICE OF SIDES SEASONED GREEN BEANS FROZEN JUICE CUP BANANAS KETCHUP MILK	May - 13 SALISBURY STEAK MAC & CHEESE SEASONED GREEN BEANS HONEY YEAST ROLL "OR" CHARBROILED BURGER FRENCH FRIES CHEF SALAD w/Turkey VARIETY MUFFINS RANCH CHOICE OF SIDES CUCUMBERS /TOMATOES STRAWBERRIES FRUIT JUICE MILK	May - 14 CHOOSE YOUR PIZZA "OR" SPICY CHICKEN SANDWICH FRENCH FRIES DELI HAM and CHEESE SUB LETTUCE&PICKLE BAKED CHEETOS CHOICE OF SIDES PORK AND BEANS BABY CARROTS and CELERY STICKS RANCH FRUIT JUICE CHERRY PEAR CUP MILK
May - 17 CHICK'N FILET SANDWICH W/ SWISS CHEESE "OR" CHARBROILED BURGER FRENCH FRIES HAM & TURKEY CLUB ASSORTED CHIPS CHOICE OF SIDES SANDWICH SALAD CUP KETCHUP MUSTARD PKT APPLES,Fresh MILK	May - 18 CHICK'N QUESADILLAS FRESH SALSA "OR" DOUBLE CORN DOGS FRENCH FRIES LETTUCE&PICKLE TURKEY SPINACH WRAP ASSORTED CHIPS VEGGIE CHEF SALAD CINNAMON GRAHAM CRACKERS CHOICE OF SIDES PORK AND BEANS CHERRY PEAR CUP FRUIT JUICE MUSTARD PKT KETCHUP MILK	May - 19 BRD CHICKEN TENDERS FRENCH FRIES "OR" MASHED POTATOES Wheat Roll DELI HAM and CHEESE SUB ASSORTED CHIPS CHOICE OF SIDES SEASONED GREEN BEANS PEACH CUP FRUIT JUICE MILK	May - 20 SPICY SICHUAN CHICKEN VEGETABLE EGG ROLL ORIENTAL FRIED RICE FORTUNE COOKIE "OR" CHEESEBURGER FRENCH FRIES COMBO CHEF SALAD VARIETY MUFFINS RANCH CHOICE OF SIDES BANANAS FRUIT JUICE MILK	May - 21 CHOOSE YOUR PIZZA "OR" VARIETY 6" SUBS FRENCH FRIES "OR" ASSORTED CHIPS COMBO CHEF SALAD LETTUCE&PICKLE CHOICE OF SIDES SWEET CORN SANDWICH SALAD CUP KETCHUP MUSTARD PKT RANCH FROZEN JUICE CUP STRAWBERRIES 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.

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.

Rogers Public Schools

SENIOR HIGH LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
May - 24 BACON DOUBLE CHS-BURG "OR" CHICK'N FILET SANDWICH FRENCH FRIES COMBO CHEF SALAD VARIETY MUFFINS RANCH CHOICE OF SIDES SEASONED GREEN BEANS SANDWICH SALAD CUP APPLES,Fresh KETCHUP MUSTARD PKT MILK	May - 25 PULLED PORK HOAGIE ONION RINGS "OR" CHICK'N FILET SANDWICH FRENCH FRIES HAM & CHS CROISSANT ASSORTED CHIPS CHOICE OF SIDES SWEET CORN CHERRY PEAR CUP FRUIT JUICE MILK	May - 26 BRD CHICKEN TENDERS FRENCH FRIES "OR" OVEN FRIED CHICKEN MASHED POTATOES COUNTRY CREAM GRAVY HONEY YEAST ROLL DELI TURKEY SUB ASSORTED CHIPS CHOICE OF SIDES BROCCOLI SPEARS DINNER ROLL PEACH CUP FRUIT JUICE MILK	May - 27 FRENCH BREAD PIZZA "OR" SPICY BUFFALO CHICKEN PIZZA FRENCH FRIES KETCHUP TURKEY&SWISS VARIETY MUFFINS MAYO PKT CHOICE OF SIDES BABY CARROTS RANCH APPLES,Fresh ICE CREAM TREAT MILK	May - 28 ENJOY YOUR SUMMER!

**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.*