

ROLLA PUBLIC SCHOOLS
MARK TWAIN - WYMAN - TRUMAN



NOVEMBER

MON.

TUE.

WED.

THUR.

FRIDAY

Nutrition

	<p>1 Mini Donuts</p> <p>Chef Salad Hamburger w/Bun French Fries Vegetable Blend 4-way Choice Of Fruit Assorted Milk</p>	<p>2 Cheese Omelet w/Toast</p> <p>Chef Salad Chicken Pot Pie Tossed Salad Choice Of Fruit Assorted Milk</p>	<p>3 Yogurt w/Toast</p> <p>Chef Salad Popcorn Chicken Tossed Salad Broccoli & Cheese Choice Of Fruit Assorted Milk</p>	<p>4 Breakfast Pizza Sausage **</p> <p>Chef Salad Beef Ravioli Tossed Salad Green Beans Choice Of Fruit Assorted Milk</p>	<p>Avg Nutrients Target Cals... 471 100% Sodium... 517 mg S.Fat... 3.1 g 6.0% Cal</p> <p>Avg Nutrients Target Cals... 569 100% Sodium... 1100 mg S.Fat... 4.7 g 7.5% Cal</p>
<p>7 NO SCHOOL</p>	<p>8 Turkey Pancake Wrap</p> <p>Chef Salad Mini Corn Dogs** Breadstick Tossed Salad Corn Choice Of Fruit Assorted Milk</p>	<p>9 Cereal w/Toast</p> <p>Chef Salad Grilled Cheese Great Northern Beans Tossed Salad Choice Of Fruit Assorted Milk</p>	<p>10 WG Muffin</p> <p>Chef Salad Breaded Chicken Chunks Assorted Dipping Sauce Breadstick Green Beans Sliced Carrots Choice of Fruit Assorted Milk</p>	<p>11 Yogurt w/Toast</p> <p>Chef Salad Pizza Day Tossed Salad Veggie Blend 4-way Choice Of Fruit Assorted Milk</p>	<p>Avg Nutrients Target Cals... 486 100% Sodium... 462 mg S.Fat... 1.6 g 3.0% Cal</p> <p>Avg Nutrients Target Cals... 616 100% Sodium... 1062 mg S.Fat... 4.5 g 6.6% Cal</p>
<p>14 Glazed Donut WG</p> <p>Chef Salad Cheese Burger w/bun Sliced Carrots Fresh Broccoli Florets Ranch Dressing FF Choice Of Fruit Assorted Milk</p>	<p>15 Mini Eggo Waffles</p> <p>Chef Salad Hot Dog w/bun Veggie Blend 4-way Tossed Salad Choice Of Fruit Assorted Milk</p>	<p>16 Yogurt w/Toast</p> <p>Chef Salad Toasted Ravioli Marinara Sauce Green Beans Garlic Toast Choice Of Fruit Assorted Milk</p>	<p>17 Cereal w/Toast</p> <p>Thanksgiving Dinner</p>	<p>18 Scrambled Eggs w/Toast</p> <p>Chef Salad Fish Sticks Coleslaw Great Northern Beans Choice Of Fruit Assorted Milk</p>	<p>Avg Nutrients Target Cals... 471 100% Sodium... 518 mg S.Fat... 2.8 g 5.3% Cal</p> <p>Avg Nutrients Target Cals... 621 100% Sodium... 1154 mg S.Fat... 4.8 g 7.0% Cal</p>
<p>21 Honey Bun</p> <p>Chef Salad PBJ Sandwich Pinto Beans Crinkle Cut FF 1/2" Choice Of Fruit Assorted Milk</p>	<p>22 Mini Donuts</p> <p>Chef Salad Popcorn Chicken Green Beans Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk</p>	<p>23 NO SCHOOL</p>	<p>24 NO SCHOOL</p>	<p>25 NO SCHOOL</p>	<p>Avg Nutrients Target Cals... 481 100% Sodium... 450 mg S.Fat... 2.4 g 5.3% Cal</p> <p>Avg Nutrients Target Cals... 585 100% Sodium... 827 mg S.Fat... 3.6 g 5.5% Cal</p>
<p>28 Cereal w/Toast</p> <p>Chef Salad Breaded Mozzarella Stick Marinara Sauce Sliced Carrots Green Beans Choice Of Fruit Assorted Milk</p>	<p>29 Mini Donuts</p> <p>Chef Salad Chicken Crispito Refried Beans w/Cheese Tortilla Chips Sliced Carrots Choice Of Fruit Assorted Milk</p>	<p>30 Cheese Omelet w/Toast</p> <p>Chef Salad Grilled Cheese Tomato Soup Tossed Salad Choice Of Fruit Assorted Milk</p>			<p>Avg Nutrients Target Cals... 468 100% Sodium... 514 mg S.Fat 2.6g 4.9% Cal</p> <p>Avg Nutrients Target Cals... 31 100% Sodium... 1211 mg S.Fat... 6.3 g 9.0% Cal</p>

Menu is subject to change

** denotes pork

