

ROLLA PUBLIC SCHOOLS
ROLLA HIGH SCHOOL



NOVEMBER

MON.

TUE.

WED.

THUR.

FRIDAY

Nutrition

	<p>1 Biscuits & Gravy</p> <p>Chef Salad French Toast & Sausage** Hamburger w/Bun Potato Tots Vegetable Blend 4-way Choice Of Fruit Assorted Milk</p>	<p>2 Scrambled Eggs w/Toast</p> <p>Chef Salad Chicken Pot Pie Beef Crispito Tortilla Chips Cole Slaw Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk</p>	<p>3 Mini Donuts</p> <p>Chef Salad Country Fried Steak Popcorn Chicken Mashed Potatoes w/gravy Wheat Roll Tossed Salad Choice Of Fruit Assorted Milk</p>	<p>4 Mini Eggo Waffles</p> <p>Chef Salad Pizza Day Sloppy Joe Tossed Salad Green Beans Choice Of Fruit Assorted Milk Chocolate Chip Cookie</p>	<p>Avg Nutrients Target Cals... 452 100% Sodium... 503 mg S.Fat... 2.9 g 5.8% Cal</p> <p>Avg Nutrients Target Cals... 814 100% Sodium... 1245 mg S.Fat... 5.8 g 6.5% Cal</p>
<p>7 NO SCHOOL</p>	<p>8 Breakfast Pizza Sausage**</p> <p>Chef Salad Potato Crunch Fish Stick Cheeseburger w/bun Crinkle Cut FF 1/2" Tossed Salad Choice Of Fruit Assorted Milk</p>	<p>9 Cinnamon French Toast</p> <p>Chef Salad Breaded Chicken Sandwich Corn Dogs Green Peas Tossed Salad Choice of Fruit Assorted Milk Chocolate Chip Cookie</p>	<p>10 WG Muffin</p> <p>Chef Salad Toasted Ravioli w/cheese Breaded Chicken Chunks Breadstick Green Beans Sliced Carrots Choice of Fruit Assorted Milk</p>	<p>11 Mini Maple Pancakes</p> <p>Chef Salad Pizza Day Chicken Crispito Tortilla Chips Veggie Blend 4-way Choice Of Fruit Assorted Milk</p>	<p>Avg Nutrients Target Cals... 481 100% Sodium... 505 mg S.Fat... 1.7 g 3.2% Cal</p> <p>Avg Nutrients Target Cals... 774 100% Sodium... 1385 mg S.Fat... 4.9 g 5.7% Cal</p>
<p>14 Glazed Donut WG</p> <p>Chef Salad Tangerine Chicken Cheeseburger 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 Breaded Mozzarella Stick BBQ Pork Rib Sandwich*** Great Northern Beans Tossed Salad Choice of Fruit Assorted Milk</p>	<p>16 Cheese Omelet w/Toast</p> <p>Chef Salad French Toast & Sausage*** Soft Taco Vegetable Blend 4-way Tossed Salad Choice of Fruit Assorted Milk</p>	<p>17 Mini Maple Pancakes</p> <p>Chef Salad Thanksgiving Dinner</p>	<p>18 Scrambled Eggs w/Toast</p> <p>Chef Salad Pizza Day Chicken Fajita Wrap Green Peas Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk Chocolate Chip Cookie</p>	<p>Avg Nutrients Target Cals... 469 100% Sodium... 522mg S.Fat... 2.7 g 5.3% Cal</p> <p>Avg Nutrients Target Cals... 776 100% Sodium... 1239 mg S.Fat... 5.4 g 6.3% Cal</p>
<p>21 Honey Bun</p> <p>Chef Salad Pulled Pork Sandwich*** Chicken Sandwich Crinkle Cut FF 1/2" Choice Of Fruit Assorted Milk</p>	<p>22 Mini Cinnis</p> <p>Chef Salad Toasted Ravioli w/cheese Marinara Sauce Corn Dogs 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... 480 100% Sodium... 443 mg S.Fat... 2.6 g 4.9% Cal</p> <p>Avg Nutrients Target Cals... 776 100% Sodium... 1295 mg S.Fat... 6.2 g 7.1% Cal</p>
<p>28 Pop Tarts WG</p> <p>Chef Salad Breaded Mozzarella Stick Marinara Sauce French Toast & Sausage** Combo Sub Sandwich Sun Chips Multigrain Tossed Salad Green Beans Choice Of Fruit Assorted Milk</p>	<p>29 Biscuits & Gravy</p> <p>Chef Salad Cheeseburger w/Bun Chicken Crispito w/Cheese Refried Beans w/Cheese Tortilla Chips Sliced Carrots Choice Of Fruit Assorted Milk</p>	<p>30 Scrambled Eggs w/Toast</p> <p>Chef Salad Chicken Sandwich Taco Salad Corn Choice Of Fruit Assorted Milk Chocolate Chip Cookie</p>			<p>Avg Nutrients Target Cals... 475 100% Sodium... 509 mg S.Fat 2.7g 5.0% Cal</p> <p>Avg Nutrients Target Cals... 794 100% Sodium... 1355 mg S.Fat... 5.3 g 6.0% Cal</p>

Menu is subject to change

** denotes pork

