

ROLLA PUBLIC SCHOOLS
Rolla Middle School



NOVEMBER

MON.

TUE.

WED.

THUR.

FRIDAY

Nutrition

	<p>1 Mini Donuts</p> <p>Chicken Penne French Toast & Sausage*** Breadstick French Fries Vegetable Blend 4-way Choice Of Fruit Assorted Milk</p>	<p>2 Cheese Omelet w/Toast</p> <p>Frito Chilli Pie Chicken Sandwich Cole Slaw Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk</p>	<p>3 Yogurt w/Toast</p> <p>Country Fried Steak Popcorn Chicken Mashed Potatoes/Gravy Wheat Roll Tossed Salad Choice Of Fruit Assorted Milk</p>	<p>4 Breakfast Pizza Sausage **</p> <p>Pizza Day 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... 643 100% Sodium... 1152 mg S.Fat... 4.5 g 6.3% Cal</p>
<p>7 <i>NO SCHOOL</i></p>	<p>8 Turkey Pancake Wrap</p> <p>Potato Crunch Fish Stick Chicken Quesadilla Salsa Crinkle Cut FF 1/2" Tossed Salad Choice Of Fruit Assorted Milk Chocolate Chip Cookie</p>	<p>9 Cereal w/Toast</p> <p>Mini Corn Dogs Grilled Cheese Pinto Beans Tossed Salad Choice of Fruit Assorted Milk</p>	<p>10 WG Muffin</p> <p>Toasted Ravioli w/Cheese Breaded Chicken Chunks Assorted Dipping Sauce Green Beans Sliced Carrots Choice of Fruit Assorted Milk</p>	<p>11 Yogurt w/Toast</p> <p>Pizza Day BBQ Pulled Pork*** French Fries Vegetable 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... 650 100% Sodium... 1183 mg S.Fat... 5.0 g 6.9% Cal</p>
<p>14 Glazed Donut WG</p> <p>Cheeseburger w/Bun Turkey Deli Sub WG Sliced Carrots Fresh Broccoli Florets Ranch Dressing FF Choice Of Fruit Assorted Milk</p>	<p>15 Mini Eggo Waffles</p> <p>Breaded Mozzarella Stick BBQ Pork Rib Sandwich*** Breadstick Great Northern Beans Tossed Salad Choice Of Fruit Assorted Milk</p>	<p>16 Yogurt w/Toast</p> <p>French Toast & Sausage*** Hot Ham & Cheese Vegetable Blend 4-way Tossed Salad Choice of Fruit Assorted Milk</p>	<p>17 Cereal w/Toast</p> <p>Thanksgiving Dinner</p>	<p>18 Scrambled Eggs w/Toast</p> <p>Pizza Day Sloppy Joe Green Beans Baby Carrots Ranch Dressing FF 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... 635 100% Sodium... 1213 mg S.Fat... 4.7 g 6.6% Cal</p>
<p>21 Honey Bun</p> <p>Chicken Sandwich Chilli With Beans Saltine Cracker WG Pinto Beans French Fries Choice Of Fruit Assorted Milk</p>	<p>22 Cereal w/Toast</p> <p>Nachos Supreme Hot Dog w/Bun Wheat Roll Green Beans Baby Carrots Ranch Dressing FF Choice Of Fruit Assorted Milk</p>	<p>23 <i>NO SCHOOL</i></p>	<p>24 <i>NO SCHOOL</i></p>	<p>25 <i>NO SCHOOL</i></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... 623 100% Sodium... 1067 mg S.Fat... 5.7 g 8.2% Cal</p>
<p>28 Cereal w/Toast</p> <p>Mini Corn Dogs Toasted Ravioli w/Cheese Sun Chips Multigrain Tossed Salad Green Beans Choice Of Fruit Assorted Milk</p>	<p>29 Mini Donuts</p> <p>Cheeseburger w/Bun Chicken Crispito Refried Beans w/Cheese Tortilla Chips Sliced Carrots Choice Of Fruit Assorted Milk</p>	<p>30 Cheese Omelet w/Toast</p> <p>Chicken Patty w/Bun Grilled Cheese Tomato Soup Broccoli & Cheese 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... 646 100% Sodium... 1197 mg S.Fat... 5.5 g 7.7% Cal</p>

Menu is subject to change

*** denotes pork

