



**ROLLA PUBLIC SCHOOLS**  
**MARK TWAIN . TRUMAN . WYMAN**



# SEPTEMBER

**MON.**

**TUE.**

**WED.**

**THUR.**

**FRIDAY**

**Nutrition**

			<p><b>1</b> Honey Bun</p> <p>Chef Salad          PB &amp; J Sandwich          French Fries          Tossed Salad          Choice of Fruit          Assorted Milk</p>	<p><b>2</b> Yogurt w/Toast</p> <p>Chef salad          Pizza Day          Baby Carrots          Ranch Dressing FF          Cole slaw          Choice of Fruit          Assorted Milk</p>	<p>Avg Nutrients Target          Cals... 472 100%          Sodium... 527 mg          S.Fat... 2.3g 4.4% Cal</p> <p>Avg Nutrients Target          Cals... 600 100%          Sodium... 953 mg          S.Fat... 4.6g 6.9% Cal</p>
<p><b>5</b> NO SCHOOL</p> 	<p><b>6</b> Mini Donuts</p> <p>Chef Salad          Chicken Crispito          Refried Beans w/Cheese          Tortilla Chips          Sliced Carrots          Choice of Fruit          Assorted Milk</p>	<p><b>7</b> Cheese Omelet w/Toast</p> <p>Chef salad          BBQ Pork Rib Sandwich          Broccoli &amp; Cheese          Tossed Salad          Choice of Fruit          Assorted Milk</p>	<p><b>8</b> Yogurt w/Toast</p> <p>Chef Salad          Tangerine Chicken          Baby Carrots          Ranch Dressing FF          Choice of Fruit          Assorted Milk</p>	<p><b>9</b> Breakfast Pizza Sausage**</p> <p>Chef Salad          Breaded Mozzarella Stick          Marinara Sauce          Sliced Carrots          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... 596 100%          Sodium... 1066 mg          S..Fat... 4.6 g 6.9% Cal</p>
<p><b>12</b> WG Muffin</p> <p>Chef Salad          Bosco Stick          Garlic Toast          Mashed Potatoes/Gravy          Tossed Salad          Choice of Fruit          Assorted Milk</p>	<p><b>13</b> Turkey Pancake Wrap</p> <p>Chef Salad          Macaroni &amp; Cheese WG          Great Northern Beans          Tossed Salad          Choice of Fruit          Assorted Milk</p>	<p><b>14</b> Cereal w/Toast</p> <p>Chef Salad          French Toast /Sausage**          French Fries          Baby Carrots          Ranch Dressing FF          Choice of Fruit          Assorted Milk</p>	<p><b>15</b> Sausage Biscuit**</p> <p>Chef salad          Beef Tacos          Fresh Broccoli Florets          Ranch Dressing FF          Choice of Fruit          Assorted Milk</p>	<p><b>16</b> Yogurt w/Toast</p> <p>Chef salad          Pizza Day          Veggie Blend 4-way          French Fries          Choice of Fruit          Assorted Milk</p>	<p>Avg Nutrients Target          Cals... 495 100%          Sodium... 532 mg          S.Fat... 2.7 g 4.9% Cal</p> <p>Avg Nutrients Target          Cals... 615 100%          Sodium... 1104 mg          S.Fat... 5.2 g 7.7% Cal</p>
<p><b>19</b> Glazed Donut WG</p> <p>Chef Salad          Chicken Crispito w/Cheese          Pinto Beans          Celery Sticks          Ranch Dressing FF          Choice of Fruit          Assorted Milk</p>	<p><b>20</b> Mini Eggo Waffles</p> <p>Chef Salad          Hamburger w/Bun          French Fries          Veggie Blend 4-way          Choice of Fruit          Assorted Milk</p>	<p><b>21</b> Yogurt w/Toast</p> <p>Chef Salad          Chicken Sandwich          Cole Slaw          Baby Carrots          Ranch Dressin FF          Choice of Fruit          Assorted Milk</p>	<p><b>22</b> Cereal w/Toast</p> <p>Chef Salad          Popcorn Chicken          Tossed Salad          Broccoli &amp; Cheese          Choice of Fruit          Assorted Milk</p>	<p><b>23</b> Scrambled Eggs w/Toast</p> <p>Chef Salad          Toasted Cheese Sandwich          Tossed Salad          Green Beans          Choice of Fruit          Assorted Milk</p>	<p>Avtg Nutrients Target          Cals... 471 100%          Sodium ... 518 mg          S.Fat... 2.8 g 5.3%Cal</p> <p>Avg Nutrients Target          Cals... 601 100%          Sodium... 1223 mg          S.Fat... 4.7 g 7.0% Cal</p>
<p><b>26</b> Egg Cheese Biscuit</p> <p>Chef salad          Hot Dog w/Bun**          Baby Carrots          Celery Sticks          Ranch Dressing FF          Choice of Fruit          Assorted Milk</p>	<p><b>27</b> Cereal w/Toast</p> <p>Chef Salad          Mini Corn Dogs**          Breadstick          Tossed Salad          Green Beans          Choice of Fruit          Assorted Milk</p>	<p><b>28</b> Mini Maple Pancakes</p> <p>Chef Salad          Grilled cheese          Pinto Beans          Tossed Salad          Choice of Fruit          Assorted Milk</p>	<p><b>29</b> Honey Bun</p> <p>Chef Salad          Breaded Chicken Chunks          Assorted Dipping Sauce          Breadstick          Green Beans          Sliced Carrots          Choice of Fruit          Assorted Milk</p>	<p><b>30</b> Yogurt w/toast</p> <p>Chef Salad          Pizza Day          Tossed Salad          Vegetable Blend 4-way          Choice of Fruit          Assorted Milk</p>	<p>Avg Nutrients Target          Cals... 472 100%          Sodium... 527mg          S.Fat... 2.3 g 4.4% Cal</p> <p>Avg Nutrients Target          Cals... 592 100%          Sodium... 1162 mg          S.Fat... 4.2 g 6.4% Cal</p>

**Menu is subject to change**



\*\* denotes pork