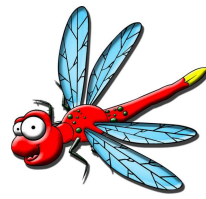




ROLLA PUBLIC SCHOOLS
ROLLA JR HIGH SCHOOL



SEPTEMBER

MON.


TUE.

WED.

THUR.

FRIDAY

Nutrition

			<p>1 Honey Bun</p> <p>Salad Bar Hamburger w/bun Breaded Chicken Chunks Hot Dog w/Bun** Breadstick French Fries Tossed Salad Choice of Fruit Assorted milk</p>	<p>2 Blueberry Muffin</p> <p>Salad Bar Pizza Day General Tso Chicken Tossed Salad Cole Slaw Choice of Fruit Assorted Milk</p>	<p>Avg Nutrients Target Cals... 495 100% Sodium... 523 mg S.Fat... 3.1 g 5.6% Cal</p> <p>Avg Nutrients Target Cals... 688 100% Sodium... 1284 mg S.Fat... 5.5 g 7.2% Cal</p>
<p>5 NO SCHOOL</p> 	<p>6 Biscuits & Gravy</p> <p>Salad Bar Cheeseburger w/Bun Chicken Crispito w/Cheese Sloppy Joe Refried Beans w/Cheese Sliced Carrots Choice of Fruit Assorted Milk</p>	<p>7 Scram Eggs w/Toast</p> <p>Salad Bar Chicken Patty w/bun Grilled Cheese Taco Salad Tomato Soup Broccoli & Cheese Choice of Fruit Assorted Milk Chocolate Chip Cookie</p>	<p>8 Mini Donuts</p> <p>Salad Bar Popcorn Chicken Tangerine Chicken Beef Tacos Garlic Toast Sliced Carrots Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>9 Mini Eggo Waffles</p> <p>Salad Bar Pizza Day Fish BBQ Pulled Pork Tossed Salad French Fries Choice of Fruit Assorted Milk</p>	<p>Avg Nutrients Target Cals... 495 100% Sodium... 523 mg S.Fat... 3.1 g 5.6% Cal</p> <p>Avg Nutrients Target Cals... 674 100% Sodium... 1209 mg S.Fat... 6.0 g 8.0% Cal</p>
<p>12 WG Muffin</p> <p>Salad Bar Spaghetti & Meat Sauce Ham & Cheese Sub Mini Corn Dogs Crinkle Cut FF 1/2"</p>	<p>13 Breakfast Pizza Sausage**</p> <p>Salad Bar Macaroni & Cheese (WG) Bean & Cheese Burrito Turkey Deli Sub WG Refried Beans w/cheese Tossed Salad Choice of Fruit Assorted milk</p>	<p>14 Cinn French Toast</p> <p>Salad Bar General Tso Chicken Chicken Pot Pie Hamburger w/bun French Fries Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>15 Sausage Biscuit**</p> <p>Salad Bar Chilli W/Beans Saltine Cracker WG Chicken Sandwich Breaded Mozzarella Stick Marinara Sauce French Fries Choice of Fruit Assorted Milk</p>	<p>16 Mini Maple Pancake</p> <p>Salad Bar Pizza Day BBQ Pork Rib Sandwich*** Hot Dog w/bun Vegetable Blend 4-way Carrots Choice of Fruit Assorted Milk</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... 668 100% Sodium... 1284 mg S.Fat... 5.1 g 6.8% Cal</p>
<p>19 Glazed Donut WG</p> <p>Salad Bar Teriyaki Chicken Chicken Crispito w/Cheese Chili Cheese Fries Great Northern Beans Celery Sticks Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>20 Mini Eggo Waffles</p> <p>Salad Bar French Toast & Sausage** Hamburger w/Bun French Fries Veggie Blend 4 way Choice of Fruit Assorted Milk</p>	<p>21 Cheese Omelet w/Toast</p> <p>Salad Bar Frito Chili Pie Chicken Fajitas Salsa Chicken Sandwich Cole Slaw Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>22 Mini Maple Pancakes</p> <p>Salad Bar Nachos Supreme Country Fried Steak Mashed Potatoes/Gravy Popcorn Chicken Garlic Toast Tossed Salad Choice of Fruit Assorted Milk</p>	<p>23 Scrambled Eggs w/Toast</p> <p>Salad Bar Pizza Day Sloppy Joe Toasted Turkey Cheese Tossed Salad Green Beans Choice of Fruit Assorted Milk Chocolate Chip Cookie</p>	<p>Avg Nutrients Target Cals... 469 100% Sodium... 522 mg S.Fat... 2.7 g 5.3% Cal</p> <p>Avg Nutrients Target Cals... 682 100% Sodium... 1156 mg S.Fat... 5.3 g 7.0% Cal</p>
<p>26 Egg Cheese Biscuit</p> <p>Salad Bar Lasagna w/Beef Chicken Chunks Garlic Toast Celery Sticks Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>27 Mini Cinnis</p> <p>Salad Bar Potato Crunch Fish Stick Chicken Quesadilla Salsa Cheeseburger w/bun Crinkle Cut FF 1/2" Peas Choice of Fruit Assorted milk Chocolate Chip Cookie</p>	<p>28 Turkey Pancake Wrap</p> <p>Salad Bar Mini Corn Dogs Chicken Patty w/Bun Grilled Cheese Pinto Beans Breadstick Tossed Salad Choice of Fruit Assorted Milk</p>	<p>29 Honey Bun</p> <p>Salad Bar Hot Dog w/Bun Toasted Ravioli w/Cheese Chicken Crispito Breadstick Green Beans Sliced Carrots Choice of Fruit Assorted Milk</p>	<p>30 Blueberry Muffin</p> <p>Salad Bar Pizza Day General Tso Chicken BBQ Pulled Pork*** Broccoli & Cheese Vegetable Blend 4-way Choice of Fruit Assorted Milk</p>	<p>Avg Nutrients Target Cals... 495 100% Sodium... 523 mg S.Fat... 3.1 g 5.6% Cal</p> <p>Avg Nutrients Target Cals... 683 100% Sodium... 1338 mg S.Fat... 4.9 g 6.1% Cal</p>

Menu is subject to change



** denotes pork