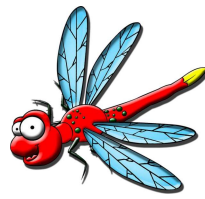




**ROLLA PUBLIC SCHOOLS
MIDDLE SCHOOL**



SEPTEMBER

MON.


TUE.

WED.

THUR.

FRIDAY

Nutrition

			<p>1 Honey Bun</p> <p>Hamburger W/Bun Breaded Chicken Chunks French Fries Tossed Salad Choice of Fruit Assorted Milk</p>	<p>2 Yogurt w/Toast</p> <p>Pizza Day Chicken Tetrazzini Garlic Toast Tossed Salad 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... 626 100% Sodium... 1094 mg S.Fat... 5.2g 7.5% Cal</p>
<p>5 NO SCHOOL</p> 	<p>6 Mini Donuts</p> <p>Cheeseburger w/Bun Chicken Crispito Refried Beans Tortilla Chips Sliced Carrots Choice of Fruit Assorted Milk</p>	<p>7 Cheese Omelet w/Toast</p> <p>Chicken Patty w/Bun Grilled Cheese Broccoli & Cheese Tomato Soup Choice of Fruit Assorted Milk</p>	<p>8 Yogurt w/Toast</p> <p>Beef Tacos Tangerine Chicken Garlic Bread Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>9 Breakfast Pizza Sausage**</p> <p>Pizza Day Chicken Tetrazzini Garlic Toast Tossed Salad Cole Slaw 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... 626 100% Sodium... 1094 mg S..Fat... 5.2 g 7.5% Cal</p>
<p>12 WG Muffin</p> <p>Bosco Stick Spaghetti & Meat Sauce Garlic Toast Crinkle Cut FF 1/2" Tossed Salad Choice of Fruit Assorted Milk</p>	<p>13 Turkey Pancake Wrap</p> <p>Macaroni & Cheese WG Bean & Cheese Burrito Refried Beans w/Cheese Tossed Salad Choice of Fruit Assorted Milk</p>	<p>14 Cereal w/Toast</p> <p>French Toast & Sausage French Fries Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>15 Sausage Biscuit**</p> <p>Chilli W/Beans Saltine Cracker WG Breaded Mozzarella Stick Marinara Sauce Sliced Carrots Green Beans Choice of Fruit Assorted Milk</p>	<p>16 Yogurt w/Toast</p> <p>Pizza Day Hot Dog w/Bun Breadstick Vegetable 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... 626 100% Sodium... 1082 mg S.Fat... 5.2 g 7.5% Cal</p>
<p>19 Glazed Donut WG</p> <p>Teriyaki Chicken Chilli Cheese Fries Great Northern Beans Celery Sticks Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>20 Mini Eggo Waffles</p> <p>French Toast & Sausage*** French Fries Vegetable Blend 4-way Choice of Fruit Assorted Milk</p>	<p>21 Yogurt w/Toast</p> <p>Frito Chilli Pie Chicken Sandwich Cole Slaw Baby Carrots Ranch Dressin FF Choice of Fruit Assorted Milk</p>	<p>22 Cereal w/Toast</p> <p>Country Fried Steak Popcorn Chicken Mashed Potatoes/Gravy Tossed Salad Wheat Roll Choice of Fruit Assorted Milk</p>	<p>23 Scrambled Eggs 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... 471 100% Sodium ... 518 mg S.Fat... 2.8 g 5.3%Cal</p> <p>Avg Nutrients Target Cals... 642 100% Sodium... 1199 mg S.Fat... 4.8 g 6.7% Cal</p>
<p>26 Egg Cheese Biscuit</p> <p>Lasagna w/Beef Combo Sub Sandwich Garlic Toast Baby Carrots Celery Sticks Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>27 Cereal w/Toast</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>28 Mini Maple Pancakes</p> <p>Mini Corn Dogs Grilled cheese Pinto Beans Tossed Salad Choice of Fruit Assorted Milk</p>	<p>29 Honey Bun</p> <p>Toasted Ravioli w/Cheese Breaded Chicken Chunks Assorted Dipping Sauce Green Beans Sliced Carrots Choice of Fruit Assorted Milk</p>	<p>30 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... 472 100% Sodium... 527mg S.Fat... 2.3 g 4.4% Cal</p> <p>Avg Nutrients Target Cals... 642 100% Sodium... 1199 mg S.Fat... 4.8 g 6.7% Cal</p>

Menu is subject to change



** denotes pork