

ROLLA PUBLIC SCHOOLS

ROLLA HIGH SCHOOL



SEPTEMBER

MON.


TUE.

WED.

THUR.

FRIDAY

Nutrition

			<p>1 Honey Bun</p> <p>Breaded Chicken Chunks Hot Dog w/Bun** Breadstick French Fries Tossed Salad Choice of Fruit Assorted milk</p>	<p>2 Blueberry Muffin</p> <p>Chef Salad Pizza Day Pretzel & Cheese Wheat Roll 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... 779 100% Sodium... 1348 mg S.Fat... 5.7 g 6.6% Cal</p>
<p>5 NO SCHOOL</p> 	<p>6 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>7 Scram Eggs w/Toast</p> <p>Chef Salad Breaded Chicken Sandwich Taco salad Broccoli & Cheese Choice of Fruit Assorted Milk Chocolate Chip Cookie</p>	<p>8 Mini Donuts</p> <p>Chef Salad Tangerine Chicken Potato Crunch Fish Stick Garlic Toast Sliced Carrots Choice of Fruit Assorted Milk</p>	<p>9 Mini Eggo Waffles</p> <p>Chef Salad Pizza Day Popcorn Chicken Tossed Salad Corn 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... 807 100% Sodium... 1338 mg S.Fat... 6.8 g 7.6% Cal</p>
<p>12 WG Muffin</p> <p>Chef Salad Toasted Ravioli w/cheese Corn Dogs Corn Tossed Salad Choice of Fruit Assorted milk</p>	<p>13 Breakfast Pizza Sausage**</p> <p>Chef Salad/Tossed Salad Popcorn Chicken Wheat Roll Turkey Deli Sub WG Pinto Beans Sun Chips Choice of Fruit Assorted milk Chocolate Chip Cookie</p>	<p>14 Cinn French Toast</p> <p>Chef Salad Hamburger w/bun French Fries Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>15 Sausage Biscuit**</p> <p>Chef Salad Chicken Sandwich Breaded Mozzarella Stick Marinara Sauce Sliced Carrots Choice of Fruit Assorted Milk Chocolate Chip Cookie</p>	<p>16 Mini Maple Pancake</p> <p>Chef Salad Pizza Day BBQ Pork Rib Sandwich*** Tossed Salad Green Beans 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... 818 100% Sodium... 1253 mg S.Fat... 5.7 g 6.3% Cal</p>
<p>19 Glazed Donut WG</p> <p>Chef Salad Teriyaki Chicken Chicken Crispito w/Chs Breadstick WG Great Northern Beans Celery Sticks Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>20 Mini Eggo Waffles</p> <p>Chef Salad French Toast & Sausage** Hamburger w/Bun Breadstick French Fries 4-Way Veggie Blend Choice of Fruit Assorted Milk</p>	<p>21 Cheese Omelet w/Toast</p> <p>Chef Salad Frito Chili Pie Chicken Sandwich Cole Slaw Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk Chocolate Chip Cookie</p>	<p>22 Mini Maple Pancakes</p> <p>Chef Salad Country Fried Steak Popcorn Chicken Mashed Potatoes/Gravy Garlic Toast Tossed Salad Choice of Fruit Assorted Milk</p>	<p>23 Scrambled Eggs w/Toast</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... 469 100% Sodium... 522 mg S.Fat... 2.7 g 5.3% Cal</p> <p>Avg Nutrients Target Cals... 818 100% Sodium... 1253 mg S.Fat... 5.7 g 6.3% Cal</p>
<p>26 Egg Cheese Biscuit</p> <p>Spaghetti & Meat Sauce Chef Salad BBQ Pork Rib Sandwich*** Garlic Toast Celery Sticks Corn Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>27 Mini Cinnis</p> <p>Chef Salad Chicken Soft Taco Salsa Crinkle Cut FF 1/2" Cheeseburger w/bun Tossed Salad Choice of Fruit Assorted milk Chocolate Chip Cookie</p>	<p>28 Turkey Pancake Wrap</p> <p>Chef Salad Nacho Supreme Chicken Patty w/gravy Sliced Carrots Breadstick Tossed Salad Choice of Fruit Assorted Milk</p>	<p>29 Honey Bun</p> <p>Toasted Ravioli w/cheese Chef Salad Breaded Chicken Chunks Breadstick Green Beans Choice of Fruit Assorted Milk</p>	<p>30 Blueberry Muffin</p> <p>Chef Salad Pizza Day Pretzel w/cheese 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... 776 100% Sodium... 1408 mg S.Fat... 4.9 g 5.6% Cal</p>

Menu is subject to change



** denotes pork