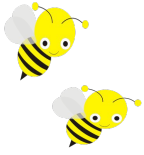


ROLLA PUBLIC SCHOOLS

ELEMENTARY SCHOOLS



MARCH

MON.

TUE.

WED.

THUR.

FRIDAY

Nutrition



4 Cereal w/Toast

Mozzarella Sticks
w/Marinara
Green Beans
Tossed Salad
Choice of Fruit
Assorted Milk

5 Donuts

Hot Dog w/Bun
French Fries
Carrots
Choice of Fruit
Assorted Milk

6 Scrambled Eggs

Sloppy Joe w/Bun
Broccoli
Tossed Salad
Choice of Fruit
Assorted Milk

7 Yogurt w/Toast

Pizza Day
Vegetable Blend 4-Way
French Fries
Choice of Fruit
Assorted Milk

1 Cini Mini

Chicken Chunks/dipping
sauce
Crinkle Cut FF 2/2"
Tossed Salad
Choice of Fruit
Assorted Milk

Avg Nutrients Target
Cals... 472 100%
Sodium. 527 mg
S. Fat 2.3g 4.4% cal

Avg Nutrients Target
Cals... 631 100%
Sodium. 1211 mg
S.Fat 6.3g 9.0% cal

8 Breakfast Pizza
Sausage**

Burrito
Tossed Salad
Pinto Beans
Choice of Fruit
Assorted Milk

Avg Nutrients Target
Cals... 468 100%
Sodium. 514 mg
S. Fat 2.6g 4.9% cal

Avg Nutrients Target
Cals... 606 100%
Sodium. 938 mg
S.Fat 5.4g 8.0% cal

11 Burrito

Teriyaki Chicken w/Rice
Carrots
Choice of Fruit
Assorted Milk

12 Turkey Pancake
Wrap

Chicken Patty w/Bun
French Fries
Vegetable Blend 4-Way
Choice of Fruit
Assorted Milk

13 Cereal w/Toast

Tacos
Corn
Baby Carrots
Ranch Dressing FF
Choice of Fruit
Assorted Milk

14 Sausage Biscuit**

Popcorn Chicken
w/dipping sauce
Tossed Salad
Broccoli & Cheese
Choice of Fruit
Assorted Milk

15 Yogurt w/Toast

Ham Turkey Cheese Sub
Green Beans
Tossed Salad
Choice of Fruit
Assorted Milk

Avg Nutrients Target
Cals... 468 100%
Sodium. 527 mg
S. Fat 2.3g 4.4% cal

Avg Nutrients Target
Cals... 637 100%
Sodium. 1093 mg
S.Fat 5.2g 8.2% cal

18 Glazed Donut WG

Mozzarella Sticks
w/Sauce
Carrots
Mixed Vegetables
Choice of Fruit
Assorted Milk

19 Mini Eggo Waffles

Mini Corn Dogs
Breadstick
Green Beans
Corn
Choice of Fruit
Assorted Milk

20 Breakfast Burrito

Burrito
Salsa
Refried Beans
French Fries
Choice of Fruit
Assorted Milk

21 Cereal w/Toast

Breaded Chicken
Chunks w/dipping sauce
Breadsticks
Green Beans
Sliced Carrots
Choice of Fruit
Assorted Milk

22
No School

Avg Nutrients Target
Cals... 471 100%
Sodium. 462 mg
S. Fat 2.2g 4.2% cal

Avg Nutrients Target
Cals... 595 100%
Sodium. 1229 mg
S.Fat 4.0g 6.1% cal

25

26

27

28

29

SPRING

BREAK



Menu is subject to change

** denotes pork

