

ROLLA PUBLIC SCHOOLS

MIDDLE SCHOOL



MARCH

MON.

TUE.

WED.

THUR.

FRIDAY

Nutrition



4 Cereal w/Toast

Bosco Stick
Spaghetti & Meat Sauce
Garlic Toast
Tossed Salad
Choice of Fruit
Assorted Milk

5 Mini Donuts

Macaroni & Cheese (WG)
Bean & Cheese Burrito
Refried Beans w/Cheese
Tossed Salad
Choice of Fruit
Assorted Milk

6 Egg Biscuit

Chicken & Noodles
French Toast & Sausage**
French Fries
Baby Carrots
Ranch Dress FF
Choice of Fruit
Assorted Milk

7 Poptart

Chili With Beans
Saltine Cracker WG
Breaded Mozzarella Stick
Sliced Carrots
Green Beans
Choice of Fruit
Assorted Milk

1 Poptart

Pizza
BBQ Pulled Pork
French Fries
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... 646 100%
Sodium. 1197 mg
S.Fat 5.5g 7.7% cal

11 WG Muffin

Teriyaki Chicken
Hamburger
Great Northern Beans
Celery Sticks
Ranch Dressing FF
Choice of Fruit
Assorted Milk

12 Turkey Pancake Wrap

Chicken Penne
French Toast & Sausage-
Breadstick
French Fries
Vegetable Blend 4-Way
Choice of Fruit
Assorted Milk

13 Cereal w/Toast

Frito Chili Pie
Chicken Sandwich
Cole Slaw
Baby Carrots
Ranch Dressing FF
Choice of Fruit
Assorted Milk

14 Sausage Biscuit**

Country Fried Steak
Popcorn Chicken
Mashed Potatoes/Gravy
Wheat Roll
Tossed Salad
Choice of Fruit
Assorted Milk

15 Honey Bun

Pizza
Toasted Cheese
Garlic Toast
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. 1098 mg
S.Fat 4.2g 6.0% cal



18 Glazed Donut WG

Hot Dog w/Bun
Burrito
Baby Carrots
Celery Sticks
Ranch Dressing FF
Choice of Fruit
Assorted Milk

19 Mini Eggo Waffles

Popcorn Chicken
Chicken Quesadilla
Salsa
Crinkle Cut FF 1/2"
Choice of Fruit
Assorted Milk
Chocolate Chip Cookie

20 Poptart

Corn Dog
Grilled Cheese
Pinto Beans
Tossed Salad
Choice of Fruit
Assorted Milk

21 Cereal w/Toast

Toasted Ravioli
w/Cheese
Breaded Chicken
Chunks
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... 633 100%
Sodium. 1148 mg
S.Fat 4.8g 6.8% cal

25

26

27

28

29

SPRING

BREAK



Menu is subject to change

** denotes pork

