



ROLLA PUBLIC SCHOOLS
ROLLA ELEMENTARY SCHOOLS

APRIL

MON.	TUE.	WED.	THUR.	FRIDAY	Nutrition
1 Burrito Chicken Nuggets w/dipping sauce Slicked Carrots Broccoli Choice of Fruit Assorted Milk	2 Cereal w/Toast Beef Finger w/gravy Breadstick Vegetable Blend 4-Way Mashed potatoes w/gravy Choice of Fruit Assorted Milk	3 Pancakes Mozzarella Sticks w/sauce Green Beans Corn Choice of Fruit Assorted Milk	4 Honey Bun French Toast & Sausage French Fries Tossed Salad Choice of Fruit Assorted Milk	5 Yogurt w/Toast Burrito w/salsa Refried Beans w/cheese Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk	<p><i>Hello, April</i></p> <p>Sodium. 509 mg S.Fat 2.7g 5.0% Cal</p> <p>Avg Nutrients Target Cals... 776 100% Sodium. 1239 mg S.Fat 5.4g 6.3% Cal</p>
8 Cereal w/Toast PBJ Sandwich Pinto Beans French Fries Choice of Fruit Assorted Milk	9 Donuts Popcorn Chicken w/dipping sauce Green Beans Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk	10 Cini Mini Chef Salad Spaghetti Wheat Roll Corn Vegetable Blend 4-Way Choice of Fruit Assorted Milk	11 Yogurt w/Toast Chicken Soft Taco w/salsa Refried Beans w/cheese Tossed Salad Choice of Fruit Assorted Milk	12 Breakfast Pizza Sausage** Pizza Baby Carrots Ranch Dressing FF Peas Choice of Fruit Assorted Milk	
15 Breakfast Burrito Breaded Mozzarella Stick Marinara Sauce Sliced Carrots Green Beans Choice of Fruit Assorted Milk	16 Turkey Pancake Wrap Burrito Refried Beans w/Cheese Corn Choice of Fruit Assorted Milk	17 Cereal w/Toast Grilled Cheese Tomato Soup Tossed Salad Choice of Fruit Assorted Milk	18 Sausage Biscuit Tangerine Chicken w/Rice Broccoli Choice of Fruit Assorted Milk	19 Yogurt w/Toast Mini Corn Dogs Crinkle Cut FF 1/2" Tossed Salad Choice of Fruit Assorted Milk	<p>Avg Nutrients Target Cals... 481 100% Sodium. 505 mg S.Fat 1.7g 3.2% Cal</p> <p>Avg Nutrients Target Cals... 780 100% Sodium. 1329 mg S.Fat 5.9g 6.9% Cal</p>
22 NO SCHOOL 	23 Mini Eggo Waffles Bosco Sticks w/Marinara Sauce Green Beans Carrots Choice of Fruit Assorted Milk	24 Donut Mac & Cheese Broccoli Tossed Salad Choice of Fruit Assorted Milk	25 Cereal w/Toast Pizza Day Vegetable Blend 4-Way French Fries Choice of Fruit Assorted Milk	26 Scrambled Eggs & Toast Popcorn Chicken w/Dipping Sauces Green Beans Tossed Salad Choice of Fruit Assorted Milk	<p>Avg Nutrients Target Cals... 469 100% Sodium. 522 mg S.Fat 2.7g 5.3% Cal</p> <p>Avg Nutrients Target Cals... 785 100% Sodium. 1329 mg S.Fat 6.4 g 7.3% Cal</p>
29 Biscuit & Gravy Burrito w/Salsa Pinto Beans Broccoli w/cheese Choice of Fruit Assorted Milk	30 Cereal w/Toast Chicken Nuggets w/Sauces French Fries Vegetable Blend 4-Way Choice of Fruit Assorted Milk				<p>Avg Nutrients Target Cals... 495 100% Sodium. 523 mg S.Fat 3.1g 5.6% Cal</p> <p>Avg Nutrients Target Cals... 794 100% Sodium. 1355 mg S.Fat 5.3g 6.0% Cal</p>