



ROLLA PUBLIC SCHOOLS

ROLLA HIGH SCHOOL

APRIL

MON.	TUE.	WED.	THUR.	FRIDAY	Nutrition	
1 Poptart Salad Bar Mozzarella Stick w/marinara BBQ Pork Rib Sandwich** Baked Beans Choice of Fruit Assorted Milk	2 Biscuits & Gravy Salad Bar Chicken Taco w/salsa Burritos w/salsa Corn Choice of Fruit Assorted Milk	3 Scrambled Eggs & Toast Salad Bar Popcorn Chicken Sliced Turkey w/gravy Mashed Potatoes Green Beans Choice of Fruit Assorted Milk	4 Mini Donuts Salad Bar Chili Cheese Fries Hot Dogs Coleslaw Baby Carrots Ranch Dressing Choice of Fruit Assorted Milk	5 Cini Mini Salad Bar Pizza Buffalo Chicken Bites Sweet Peas Choice of Fruit Assorted Milk	 <p>Cals... 475 100% 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 WG Muffin Salad Bar Cheeseburger Mini Corn Dogs Fries Choice of Fruit Assorted Milk	9 Breakfast Pizza Salad Bar Chicken Crispito w/cheese Pulled Pork Nachos** Green Beans Choice of Fruit Assorted Milk	10 Sausage Biscuit** Salad Bar Toasted Ravioli w/marinara Corn Dogs Vegetable Blend Choice of Fruit Assorted Milk	11 Breakfast Burrito Salad Bar Bosco Stick w/marinara Chicken Nuggets Sweet Peas Choice of Fruit Assorted Milk	12 Glazed Donuts Salad Bar Pizza Fish Sticks Corn Choice of Fruit Assorted Milk		
15 Turkey Pancake Wrap Salad Bar General Tso Chicken w/Rice Burrito w/salsa Sliced Carrots Choice of Fruit Assorted Milk	16 Cinn French Toast Salad Bar Walking Taco w/salsa Chicken Nuggets w/assorted sauces Sweet Peas Choice of Fruit Assorted Milk	17 Biscuits & Gravy Salad Bar Loaded Baked Potato Mozzarella Stick w/marinara Broccoli w/cheese Choice of Fruit Assorted Milk Chocolate Chip Cookie	18 Egg & Cheese Biscuit Salad Bar Breaded Beef Fingers w/gravy Beef Ravioli w/Garlic Bread Green Beans Choice of Fruit Assorted Milk	19 Bagel w/Cream Cheese Salad Bar Pizza BBQ Chicken Bites Corn 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 Honey Bun Salad Bar Beef Soft Taco w/salsa Toasted Ravioli w/marinara Sweet Peas Choice of Fruit Assorted Milk	24 Scrambled Egg w/Toast Salad Bar Pretzel w/cheese Mini Corn Dogs Vegetable Blend Choice of Fruit Assorted Milk	25 Cini Mini Salad Bar Tater Tot Casserole Popcorn Chicken Green Beans Choice of Fruit Assorted Milk	26 WG Muffin Salad Bar Pizza Day Sub Sandwich Coleslaw 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 Donut Holes Salad Bar Mozzarella Stick w/marinara BBQ Pork Rib Sandwich** Baked Beans Choice of Fruit Assorted Milk	30 Sausage Biscuit** Salad Bar Chicken Fajita w/salsa Burrito w/tortilla chips Refried Beans Choice of Fruit Assorted Milk			Breaded Chicken Sandwich & Cheeseburger served daily		<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>

Menu is subject to change

** denotes pork