



# ROLLA PUBLIC SCHOOLS

## ROLLA MIDDLE SCHOOL

# APRIL

MON.	TUE.	WED.	THUR.	FRIDAY	Nutrition	
<b>1</b> Egg Cheese Biscuit  Cheeseburger w/bun Turkey Deli Sub WG Sliced Carrots Fresh Broccoli Ranch Dressing FF Choice of Fruit Assorted Milk	<b>2</b> Cereal w/Toast  Breaded Mozzarella Stick BBQ Pork Rib Sandwich* Great Northern Beans Tossed Salad Choice of Fruit Assorted Milk	<b>3</b> Mini Maple Pancakes  French Toast & Sausage* Grilled Cheese Vegetable Blend 4-Way Tossed Salad Choice of Fruit Assorted Milk	<b>4</b> Honey Bun  Tangerine Chicken Country Fried Steak Wheat Roll Green BEans Mashed Potatoes/Gravy Choice of Fruit Assorted Milk	<b>5</b> Poptart  Pizza Day Sloppy Joe Green Peas Baby Carrots Ranch Dressing FF 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>	
<b>8</b> Cereal w/Toast  Chicken Sandwich Chili With Beans Saltine Cracker WG Pinto Beans French Fries Choice of Fruit Assorted Milk	<b>9</b> Mini Donuts  Nachos Supreme Pulled Pork** Green Beans Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk	<b>10</b> Egg & Cheese Biscuit  Popcorn Chicken Meatball Sub Corn Vegetable Blend 4-Way Choice of Fruit Assorted Milk	<b>11</b> Poptart  Hamburger w/bun Breaded Chicken Chunks French Fries Tossed Salad Choice of Fruit Assorted Milk	<b>12</b> Breakfast Pizza Sausage**  Sub Sandwich HotDog Chips Tossed Salad Cole Slaw Choice of Fruit Assorted Milk		
<b>15</b> WG Muffin  Mini Corn Dogs Toasted Ravioli w/cheese Tossed Salad Green Beans Choice of Fruit Assorted Milk	<b>16</b> Turkey Pancake Wrap  Cheeseburger w/bun Chicken Crispito Refried Beans Tortilla Chips Sliced Carrots Choice of Fruit Assorted Milk	<b>17</b> Cereal w/Toast  Chicken Patty on Bun Grilled Cheese Tomato Soup Choice of Fruit Assorted Milk	<b>18</b> Sausage Biscuit  Tangerine Chicken Beef Tacos Garlic Toast Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk	<b>19</b> Poptart  Pizza Day BBQ Pulled Pork French Fries 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>
<b>22 NO SCHOOL</b>  	<b>23</b> Mini Eggo Waffles  Macaroni & Cheese WG Bean & Cheese Burrito Refried Beans w/cheese Tossed Salad Choice of Fruit Assorted Milk	<b>24</b> Poptart  Corn Dog BBQ Rib French Fries Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk	<b>25</b> Cereal w/Toast  Chili with Beans Saltine Cracker WG Breaded Mozzarella Stick Marinara Sauce Sliced Carrots Green Beans Choice of Fruit Assorted Milk	<b>26</b> Scrambled Eggs & Toast  Cheeseburger HotDog w/Bun French Fries 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>
<b>29</b> Egg Cheese Biscuit  Teriyaki Chicken Chili Great Northern Beans Celery Sticks Ranch Dressing FF Choice of Fruit Assorted Milk	<b>30</b> Cereal w/Toast  Chicken Penne French Toast & Sausage** Breadstick 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>