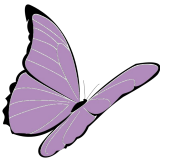
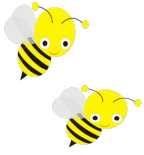


ROLLA PUBLIC SCHOOLS
ROLLA JUNIOR HIGH SCHOOL



MARCH

MON.

TUE.

WED.

THUR.

FRIDAY

Nutrition

		<p>1 Egg Bites</p> <p>Salad Bar Chicken Sandwich Grilled Cheese Taco Salad Tomato Soup Corn Choice of Fruit Assorted Milk Chocolate Chip Cookie</p>	<p>2 Mini Donuts</p> <p>Salad Bar Sub Bar Fish Stick Chicken Nuggets Green Beans Garlic Toast Choice of Fruit Assorted Milk</p>	<p>3 Mini Eggo Waffles</p> <p>Salad Bar Pizza Day Burrito BBQ Pulled Pork ** Pinto Beans Choice of Fruit Assorted Milk</p>	<p>Avg Nutrients Target Cals... 475 100% Sodium. 509 mg S. Fat 2.7g 5.0% cal</p> <p>Avg Nutrients Target Cals... 666 100% Sodium. 1225 mg S.Fat 5.7g 7.8% cal</p>
<p>6 WG Muffin</p> <p>Salad Bar Spaghetti & Meat Sauce Spicy Chicken Mini Corn Dogs Garlic Toast Green Beans Choice of Fruit Assorted Milk</p>	<p>7 Breakfast Pizza Sausage</p> <p>Salad Bar Sub Bar Macaroni & Cheese WG Popcorn Chicken Refried Beans w/cheese Choice of Fruit Assorted Milk</p>	<p>8 Cinnamon French Toast</p> <p>Salad Bar General Tso Chicken Burrito Hamburger w/Bun French Fries Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>9 Sausage Biscuit</p> <p>Salad Bar Sub Bar Chicken Sandwich Breaded Mozzarella Stick Marinara Sauce Sliced Carrots Choice of Fruit Assorted Milk</p>	<p>10 Mini Maple Pancakes</p> <p>Salad Bar Pizza Day Hot Dog w/Bun Taco Burger Corn Choice of Fruit Assorted Milk</p>	<p>Avg Nutrients Target Cals... 488 100% Sodium. 552 mg S. Fat 2.5g 4.6% cal</p> <p>Avg Nutrients Target Cals... 668 100% Sodium. 1284 mg S.Fat 5.1g 6.8% cal</p>
<p>13 Glazed Donut WG</p> <p>Salad Bar Teriyaki Chicken Hamburger w/Bun Great Northern Beans Choice of Fruit Assorted Milk</p>	<p>14 Mini Eggo Waffles</p> <p>Salad Bar Sub Bar French Toast & Sausage Crispito Sliced Carrots Choice of Fruit Assorted Milk</p>	<p>15 Egg Cheese Biscuit</p> <p>Salad Bar Frito Chilli Pie Grilled Cheese Chicken Sandwich Corn Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>16 Mini Maple Pancakes</p> <p>Salad Bar Sub Bar Nachos Supreme Country Fried Steak Mashed Potatoes/Gravy Garlic Toast Choice of Fruit Assorted Milk</p>	<p>17 Egg Bites</p> <p>Salad Bar Pizza Day Pulled Pork Sandwich** Taco Snack Green Beans Choice of Fruit Assorted Milk Holiday Treat</p> 	<p>Avg Nutrients Target Cals... 469 100% Sodium. 522 mg S. Fat 2.7g 5.3% cal</p> <p>Avg Nutrients Target Cals... 682 100% Sodium. 1156 mg S.Fat 5.3g 7.0% cal</p>
<p>20 Blueberry Muffin</p> <p>Salad Bar Burrito Lasagna Rollups Spicy Chicken Garlic Toast Green Beans Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>21 Mini Cinnis</p> <p>Salad Bar Sub Bar Potato Crunch Fish Stick Cheeseburger w/Bun French Fries Choice of Fruit Assorted Milk Chocolate Chip Cookie</p>	<p>22 Turkey Pancake Wrap</p> <p>Salad Bar Mini Corn Dogs Chicken Sandwich Grilled Cheese Pinto Beans Choice of Fruit Assorted Milk</p>	<p>23 Honey Bun</p> <p>Salad Bar Sub Bar Toasted Ravioli w/Cheese Breaded Chicken Chunks Breadstick Sliced Carrots Choice of Fruit Assorted Milk</p>	<p>24 No School</p> 	<p>Avg Nutrients Target Cals... 494 100% Sodium. 455 mg S. Fat 2.6g 4.7% cal</p> <p>Avg Nutrients Target Cals... 698 100% Sodium. 1341 mg S.Fat 4.8g 6.2% cal</p>
<p>27</p> 	<p>28</p> 	<p>29</p> 	<p>30</p> 	<p>31 SPRING BREAK</p>	