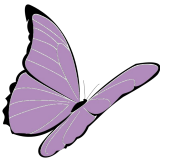
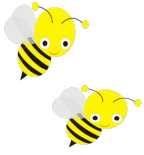


ROLLA PUBLIC SCHOOLS
ROLLA MIDDLE SCHOOL



MARCH

MON.

TUE.

WED.

THUR.

FRIDAY

Nutrition

		<p>1 Egg Bites</p> <p>Chicken Patty w/Bun Grilled Cheese Tomato Soup Broccoli & Cheese Choice of Fruit Assorted Milk</p>	<p>2 Pop Tart</p> <p>Tangerine Chicken Beef Tacos Garlic Toast Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>3 Breakfast Pizza Sausage</p> <p>Pizza Day BBQ Pulled Pork** French Fries Tossed Salad Choice of Fruit Assorted Milk</p>	<p>Avg Nutrients Target Cals... 468 100% Sodium. 514 mg S. Fat 2.6g 4.9% cal</p> <p>Avg Nutrients Target Cals... 646 100% Sodium. 1197 mg S.Fat 5.5g 7.7% cal</p>
<p>6 WG Muffin</p> <p>Bosco Stick Spaghetti & Meat Sauce Garlic Toast Crinkle Cut FF 1/2" Tossed Salad Choice of Fruit Assorted Milk</p>	<p>7 Turkey Pancake Wrap</p> <p>Macaroni & Cheese WG Bean & Cheese Burrito Refried Beans w/Cheese Tossed Salad Choice of Fruit Assorted Milk</p>	<p>8 Cereal w/Toast</p> <p>Hot Dog w/Bun Biscuits & Gravy Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>9 Sausage Biscuit</p> <p>Chili w/Beans Saltine Crackers WG Breaded Mozzarella Stick Marinara Sauce Sliced Carrots Green Beans Choice of Fruit Assorted Milk</p>	<p>10 Pop Tart</p> <p>Pizza Day Toasted Cheese Vegetable Blend 4-Way Corn Choice of Fruit Assorted Milk</p>	<p>Avg Nutrients Target Cals... 495 100% Sodium. 532 mg S. Fat 2.7g 4.9% cal</p> <p>Avg Nutrients Target Cals... 626 100% Sodium. 1082 mg S.Fat 5.4g 7.8% cal</p>
<p>13 Glazed Donut WG</p> <p>Teriyaki Chicken Chili Cheese Fries Great Northern Beans Celery Sticks Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>14 Mini Eggo Waffles</p> <p>Chicken Penne French Toast & Sausage Breadstick French Fries Vegetable Blend 4-Way Choice of Fruit Assorted Milk</p>	<p>15 Pop Tart</p> <p>Frito Chili Pie Chicken Sandwich Cole Slaw Baby Carrots Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>16 Cereal w/Toast</p> <p>Country Fried Steak Popcorn Chicken Mashed Potatoes/Gravy Wheat Roll Tossed Salad Choice of Fruit Assorted Milk</p>	<p>17 Scrambled Eggs w/Toast</p> <p>Pizza Day Green Beans Tossed Salad Choice of Fruit Assorted Milk Dessert Treat</p>	<p>Avg Nutrients Target Cals... 471 100% Sodium. 518 mg S. Fat 2.8g 5.3% cal</p> <p>Avg Nutrients Target Cals... 637 100% Sodium. 1098 mg S.Fat 4.2g 6.0% cal</p>
<p>20 Pop Tart</p> <p>Lasagna w/Beef Combo Sub Sandwich Garlic Toast Baby Carrots Celery Sticks Ranch Dressing FF Choice of Fruit Assorted Milk</p>	<p>21 Cereal w/Toast</p> <p>Potato Crunch Fish Stick Chicken Quesadilla Salsa Crinkle Cut FF 1/2" Tossed Salad Choice of Fruit Assorted Milk Chocolate Chip Cookie</p>	<p>22 Mini Maple Pancakes</p> <p>Mini Corn Dogs Grilled Cheese Pinto Beans Tossed Salad Choice of Fruit Assorted Milk</p>	<p>23 Honey Bun</p> <p>Biscuits & Gravy Breaded Chicken Chunks Assorted Dipping Sauce Green Beans Sliced Carrots Choice of Fruit Assorted Milk</p>	<p>24 No School</p>	<p>Avg Nutrients Target Cals... 462 100% Sodium. 439 mg S. Fat 1.3g 2.6% cal</p> <p>Avg Nutrients Target Cals... 633 100% Sodium. 1148 mg S.Fat 4.8g 6.8% cal</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>31</p> <p>SPRING BREAK</p>	