

Rosebud-Lott ISD

High School Lunch Menu September 2018-Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 3 Steak Fingers Chicken Smackers Whole Grain Roll Tuna Salad Sandwich Mashed Potatoes White Gravy Green Beans Romaine & Tomato Sal Ranch Dressing Fruit Cocktail Apple Lowfat White Milk FF Chocolate Milk Banana Pudding Ketchup	Sep - 4 Mini Corn Dogs Salisbury Steak Buffalo Chic Bake Pota Whole Grain Roll Broccoli Mashed Potatoes Carrot Sticks w/ Ranch Apple Sauce Cup Orange Apple Lowfat White Milk FF Chocolate Milk Chocolate Pudding Ketchup Mustard	Sep - 5 Cheese Pizza Parmesan Cheese-103 Chicken Parmesan Bread Stick 1 oz Chicken Crisпитos Orange Glazed Carrots Seasoned Spinach Romaine & Tomato Sal Ranch Dressing Diced Peaches Apple Lowfat White Milk FF Chocolate Milk	Sep - 6 Nachos Grande Chicken Soft Taco Chicken Fajita Spanish Brown Rice Plnto Beans Romaine & Tomato Sal Ranch Dressing Pineapple Tidbits Apple Lowfat White Milk FF Chocolate Milk Salsa	Sep - 7 RL Dude Sandwich Spicy Chicken Sandwic Spicy Chicken Wrap Baked Potato Wedges Burger Salad Mandarin Oranges Apple Lowfat White Milk FF Chocolate Milk Ranger Cookie Ketchup Mayo Mustard
Sep - 10 Chicken Fried Steak Chicken Fried Chicken Whole Grain Roll Meatball Sub Parmesan Cheese-103 Mashed Potatoes White Gravy Ranch Style Beans Carrot Sticks w/ Ranch Fruit Cocktail Apple Lowfat White Milk FF Chocolate Milk Ketchup	Sep - 11 Chili Mac Chicken Alfredo Whole Grain Roll Baked Potato w/ BBQ Whole Grain Roll Green Beans Corn Pineapple Tidbits Apple Lowfat White Milk FF Chocolate Milk	Sep - 12 Pepperoni Pizza Meat Loaf Whole Grain Roll Tuna Salad Sandwich Brussel Sprouts Glazed Carrots Romaine & Tomato Sal Ranch Dressing Cup - Apple Fruit Cocktail Lowfat White Milk FF Chocolate Milk	Sep - 13 Beef & Bean Burrito Chicken Crisпитos Spanish Brown Rice Corn Dog Romaine & Tomato Sal Corn Ranch Dressing Cup - Diced Pears Orange Lowfat White Milk FF Chocolate Milk Salsa	Sep - 14 Cheese Burger Grilled Cheese Sandwi Sloppy Joe On A Bun- Tater Tots Burger Salad Corn on Cob Sliced Peaches Apple Lowfat White Milk FF Chocolate Milk Ketchup Mayo Mustard
Sep - 17 Spaghetti w/ Meat Sau Chicken Parmesan Whole Grain Roll Turkey Wrap Ranch Dressing Cup - Green Beans Burger Salad Pineapple Tidbits Apple Lowfat White Milk FF Chocolate Milk Vanilla Pudding	Sep - 18 Beef Stir Fry Chicken Drumstick Brown Rice Baked Potato w/ Ham Whole Grain Roll Sour Cream Margarine cup Corn Carrot Sticks w/ Ranch Romaine & Tomato Sal Ranch Dressing Cup - Fruit Cocktail Apple Lowfat White Milk FF Chocolate Milk	Sep - 19 Cheese Pizza Parmesan Cheese-103 Beef Ravioli Whole Grain Roll Corn Dog Broccoli Normandy Corn on Cob Applesauce Apple Lowfat White Milk FF Chocolate Milk Ketchup Mayo Mustard	Sep - 20 Beef Tacos Chicken Fajitas Meat/Cheese Chalupa Spanish Brown Rice Beans, Refried Romaine & Tomato Sal Carrot Sticks w/ Ranch Mandarin Oranges Orange Lowfat White Milk FF Chocolate Milk Salsa Ranger Cookie	Sep - 21 Cheese Burger Grilled Chicken Sandwi Spicy Chicken Wrap Spanish Brown Rice Sweet Potato Fries Burger Salad Diced Peaches Apple Lowfat White Milk FF Chocolate Milk Ketchup Mayo Mustard

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: *The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.*

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Sep - 24 Steak Fingers Chicken Smackers Whole Grain Roll Tuna Salad Sandwich Mashed Potatoes White Gravy Glazed Carrots Fruit Cocktail Apple Lowfat White Milk FF Chocolate Milk Ketchup	Sep - 25 Lasagna Roll-up w/Bsti Parmesan Cheese-103 Chicken Alfredo Whole Grain Roll Baked Potato w/ BBQ Whole Grain Roll Green Beans Peas & Carrots Pineapple Tidbits Apple Lowfat White Milk FF Chocolate Milk Chocolate Pudding	Sep - 26 Pepperoni Pizza Parmesan Cheese-103 Chicken Spaghetti Bread Stick Turkey Wrap Ranch Style Beans Romaine & Tomato Sal Ranch Dressing Cup - Carrot Sticks w/ Ranch Applesauce Apple Lowfat White Milk FF Chocolate Milk Mayo Mustard Vanilla Pudding	Sep - 27 Beef Taco Pie Chicken Quesadilla Meat/Cheese Chalupa Spanish Brown Rice Pinto Beans Romaine & Tomato Sal Diced Pears Orange Lowfat White Milk FF Chocolate Milk Salsa	Sep - 28 Cheese Burger Grilled Cheese Sandwi Sloppy Joe On A Bun- Baked Potato Wedges Corn on Cob Burger Salad Sliced Peaches Apple Lowfat White Milk FF Chocolate Milk Ketchup Mayo Mustard Vanilla Pudding

This institution is an equal opportunity provider.

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