

ROLLA PUBLIC SCHOOLS HIGH SCHOOL



MARCH

MON.

TUE.

WED.

THUR.

FRIDAY

Nutrition



**Breaded
Chicken
Sandwich &
Cheeseburger
served daily**

1 Blueberry muffin

Salad Bar
Mozzarella Sticks
Burritos
Cheeseburger
Choice of Vegetable
Choice of Fruit
Assorted Milk

Avg Nutrients Target
Cals... 472 100%
Sodium. 527 mg
S. Fat 2.3g 4.4% cal

Avg Nutrients Target
Cals... 646 100%
Sodium. 1197 mg
S.Fat 5.5g 7.7% cal

4 Poptart WG

Salad Bar
Bosco Sticks
Mini Corn Dogs
Chicken Sandwich
Choice of Vegetable
Choice of Fruit
Assorted Milk

5 Biscuits & Gravy

Salad Bar
Macaroni & Cheese WG
Cheeseburger
Choice of Vegetable
Choice of Fruit
Assorted Milk

6 Scrambled Egg &
Toast

Salad Bar
PB & Jelly
Walking Tacos
Chicken Sandwich
Choice of Vegetable
Choice of Fruit
Assorted Milk

7 Donuts

Salad Bar
Chicken Nuggets/
breadstick
Cheeseburger
Choice of Vegetable
Choice of Fruit
Assorted Milk

8 Mini Eggo Waffles

Salad Bar
Pretzels
Taco Burger
Hot Dog w/Bun
Choice of Vegetable
Choice of Fruit
Assorted Milk

Avg Nutrients Target
Cals... 468 100%
Sodium. 514 mg
S. Fat 2.6g 4.9% cal

Avg Nutrients Target
Cals... 626 100%
Sodium. 1082 mg
S.Fat 5.4g 7.8% cal

11 WG Muffin

Salad Bar
Burrito
Buffalo Bites
Cheeseburger
Choice of Vegetable
Choice of Fruit
Assorted Milk

12 Breakfast Pizza
Sausage**

Salad Bar
French Toast & Sausage-
Chicken Sandwich
Choice of Vegetable
Choice of Fruit
Assorted Milk

13 Sausage Biscuit**

Salad Bar
Corn Dogs
General Tso's/Rice
Cheeseburger
Choice of Vegetable
Choice of Fruit
Assorted Milk

14 French Toast

Salad Bar
Nacho Supreme
Country Fried Steak
Mashed Potatoes/Gravy
Roll
Choice of Vegetable
Choice of Fruit
Assorted Milk

15 Cini Minis

Salad Bar
Pizza
Pulled Pork**
Fish
Choice of Vegetable
Choice of Fruit
Assorted Milk

Avg Nutrients Target
Cals... 468 100%
Sodium. 527 mg
S. Fat 2.3g 4.4% cal

Avg Nutrients Target
Cals... 637 100%
Sodium. 1098 mg
S.Fat 4.2g 6.0% cal



18 Donut

Salad Bar
Lasagna w/Garlic Toast
Popcorn Chicken w/
breadstick
Chicken Sandwich
Choice of Vegetable
Choice of Fruit
Assorted Milk

19 Mini Eggo Waffles

Salad Bar
Mozzarella Sticks
Cheese Burger w/Bun
Choice of Vegetable
Choice of Fruit
Assorted Milk
Chocolate Chip Cookie

20 Breakfast Wrap

Salad Bar
Frito Chili Pie
Grilled Cheese
Chicken Sandwich
Choice of Vegetable
Choice of Fruit
Assorted Milk

21 Pancakes

Salad Bar
Toasted Ravioli
w/Cheese
Chicken Ranch Wrap
Choice of Vegetable
Choice of Fruit
Assorted Milk

22
No School

Avg Nutrients Target
Cals... 471 100%
Sodium. 462 mg
S. Fat 2.2g 4.2% cal

Avg Nutrients Target
Cals... 633 100%
Sodium. 1148 mg
S.Fat 4.8g 6.8% cal

25

26

27

28

29

SPRING

BREAK



Menu is subject to change

** denotes pork

