






ROLLA PUBLIC SCHOOLS
ROLLA JUNIOR HIGH SCHOOL

APRIL

MON.	TUE.	WED.	THUR.	FRIDAY	Nutrition
1 Sausage Cheese Biscuit** Salad Bar Chicken Nuggets Cheese Burger w/Bun Burrito Choice of Vegetable Choice of Fruit Assorted Milk	2 Mini Cinnis Sub Bar Salad Bar Burrito Mozzarella Stick w/Marinara Sauce Choice of Vegetable Choice of Fruit Assorted Milk	3 Breakfast Wrap Salad Bar Grilled Cheese Chicken Sandwich French Toast & Sausage* Choice of Vegetable Choice of Fruit Assorted Milk	4 Honey Bun Sub Bar Salad Bar Popcorn Chicken Country Fried Steak Wheat Roll Choice of Vegetable Choice of Fruit Assorted Milk	5 Blueberry Muffin Salad Bar Chicken Tacos Cheeseburger PB & Jelly Choice of Vegetable Choice of Fruit Assorted Milk	 <p><i>Hello, April</i></p> <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>
8 WG Poptart Salad Bar Toasted Ravioli Sloppy Joes Chicken Sandwich Choice of Vegetable Choice of Fruit Assorted Milk	9 Biscuits & Gravy Sub Bar Salad Bar Macaroni & Cheese Cheeseburger Choice of Vegetable Choice of Fruit Assorted Milk	10 Scrambled Eggs & Toast Salad Bar Taco Salad Mini Corn Dogs Chicken Sandwich Choice of Vegetable Choice of Fruit Assorted Milk	11 Donuts Sub Bar Salad Bar Hamburger w/bun Breaded Chicken Chunks Breadstick Choice of Vegetable Choice of Fruit Assorted Milk	12 Mini Eggo Waffles Salad Bar Pizza Day Chicken Sandwich Hotdog Choice of Vegetable Choice of Fruit Assorted Milk	
15 WG Muffin Salad Bar Taco Burger Crispito Chicken Sandwich Choice of Vegetable Choice of Fruit Assorted Milk	16 Breakfast Pizza Sausage** Sub Bar Salad Bar Cheeseburger w/bun Buffalo Bites Choice of Vegetable Choice of Fruit Assorted Milk	17 French Toast Salad Bar Chicken Sandwich Walking Tacos Grilled Cheese Choice of Vegetable Choice of Fruit Assorted Milk Chocolate Chip Cookie	18 Sausage Biscuit Sub Bar Salad Bar Country Fried Steak Cheeseburger Choice of Vegetable Choice of Fruit Assorted Milk	19 Pancakes Salad Bar Chicken Sandwich Popcorn Chicken BBQ Pulled Pork** Choice of Vegetable 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>
22 NO SCHOOL 	23 Mini Eggo Waffles Sub Bar Salad Bar Bosco Sticks Chicken Sandwich Choice of Vegetable Choice of Fruit Assorted Milk	24 Breakfast Wrap Salad Bar General Tso Chicken/Rice Hamburger w/bun Burrito Choice of Vegetable Choice of Fruit Assorted Milk	25 Pancakes Sub Bar Salad Bar Breaded Mozzarella Stick Chicken Sandwich Choice of Vegetable Choice of Fruit Assorted Milk	26 Scrambled Eggs & Toast Salad Bar Pizza Day Cheeseburger Hot Dog w/bun Choice of Vegetable 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>
29 Sausage Cheese Biscuit** Salad Bar Pulled Pork** Cheeseburger Chicken Nuggets Choice of Vegetable Choice of Fruit Assorted Milk	30 Mini Cinnis Sub Bar Salad Bar Toasted Ravioli Chicken Sandwich Choice of Vegetable 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>