

**Rogers International
Lunch Menu
January 2018**



Monday	Tuesday	Wednesday	Thursday	Friday
1 HOLIDAY RECESS! NO SCHOOL	2 Popcorn Chicken Dinner Roll Mashed Potatoes w/ Gravy Seasoned Corn Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter* & Jelly on Whole Wheat Bread	3 Chicken Taco's Seasoned Corn Cheddar Cheese Lettuce, Tomato & Salsa Vegetarian Choice: Bagel Fun Lunch	4 Pasta with Meat Sauce Breadstick Seasoned Broccoli Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter* & Jelly on Whole Wheat Bread	5 Cheese or Pepperoni Pizza Tossed Salad Baby Carrots Seasonal Fruit Milk Choice Vegetarian Choice: Garden Salad w/ Cheese & Bread Stick
8 Cheeseburger on Whole Wheat Bun Oven Fries Baked Beans Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch	9 Cheese Stuffed Pizza Dunkers w/ Marinara Sauce Seasoned Green Peas Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter* & Jelly on Whole Wheat Bread	10 Beef Macho Nacho's w/ Tortilla Chips Steamed Brown Rice Mexicali Corn Seasonal Fruit Milk Choice Vegetarian Choice: Omit the Beef	11 Macaroni & Cheese Breadstick Seasoned Broccoli Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter & Jelly on Whole Wheat Bread	12 Cheese or Pepperoni Pizza Tossed Salad Seasoned Carrots Seasonal Fruit Milk Choice Vegetarian Choice: Garden Salad w/ Cheese & Bread Stick
15 MLK Day! NO SCHOOL	16 BBQ Chicken Strips Dinner Roll Seasoned Carrots Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter* & Jelly on Whole Wheat Bread	17 Breakfast for Lunch! French Toast Sticks w/ Strawberry Cup Sausage Patty Tater Tots Seasonal Fruit Vegetarian Choice: Bagel Fun Lunch	18 Cheesy Baked Ziti Steamed Carrots Whole Grain Breadstick Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter & Jelly on Whole Wheat Bread	19 Cheese or Pepperoni Pizza Tossed Salad Baby Carrots Seasonal Fruit Milk Choice Vegetarian Choice: Garden Salad w/ Cheese & Bread Stick
22 Hot Dog on Whole Grain Bun Baked Beans Oven Fries Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch	23 Chicken Nuggets w/ BBQ Sauce Seasoned Peas Dinner Roll Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter* & Jelly on Whole Wheat Bread	24 Turkey & Cheese Sandwich Broccoli Florets Apple Sauce Cup Vegetarian Choice: Bagel Fun Lunch Early Release	25 Beef Macho Nacho's w/ Tortilla Chips Steamed Brown Rice Mexicali Corn Seasonal Fruit Milk Choice Vegetarian Choice: Omit the Beef	26 Cheese or Pepperoni Pizza Tossed Salad Baby Carrots Seasonal Fruit Milk Choice Vegetarian Choice: Garden Salad w/ Cheese & Bread Stick
29 Cheeseburger on Whole Grain Bun Oven Fries Baked Beans Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch	30 Chicken Patty Sandwich Oven Fries Baked Beans Seasonal Fruit Milk Choice Vegetarian Choice: Sun Butter* & Jelly on Whole Wheat Bread	31 Toasted Cheese Sandwich Chicken Soup Savory Green Beans Seasonal Fruit Milk Choice Vegetarian Choice: Bagel Fun Lunch		Stamfordpublicschools.net/trislice.com New Easy-to-Access School Menus
Weekly Alternate Entrée's: Jan 1 - 5: Turkey & Cheese Sandwich: Jan 8 - 12: Ham & Cheese Sandwich: Jan 15 - 19: Turkey & Cheese Sandwich: Jan 22 - 26: Ham & Cheese Sandwich: Jan 29 - 31 Turkey & Cheese Daily Alternate Meals: Garden Salad w/ Cheese and WG Breadstick, Sun Butter* & Jelly on Whole Wheat Bread <u>OR</u> Bagel Fun Lunch *Sun Butter is made from Sunflower Seeds				
Monday Fruit/Veggie Bar: Marinated Chic Peas Chilled Fruit Seasonal Fruit	Tuesday Fruit/Veggie Bar: Baby Carrots Chilled Fruit Seasonal Fruit	Wed. Fruit/Veggie Bar: Broccoli Florets Chilled Fruit Seasonal Fruit	Thurs. Fruit/Veggie Bar: Celery Sticks Chilled Fruit Seasonal Fruit	Friday Fruit/Veggie Bar: Cucumber Slices Chilled Fruit Seasonal Fruit

This institution is an equal opportunity employer.
Questions?
Please call **203-977-4738**

A full student lunch includes a choice of entrée, fruit/vegetable side dishes, and a choice of milk. Milk choices include 1% white, skim white, skim chocolate