

December 2018

Elementary School LUNCH MENU

Lunch Prices

Kindergarten	\$2.35
Elementary	\$2.35
Adult	\$3.75
Reduced	No Charge
Milk Carton	\$0.45
Month	\$35.25

*Students who elect to bring a meal from home and who would like to have milk with their meal are able to purchase milk at school. Meal benefits DO NOT apply.

**Cold Deli Sandwich (35gm) and Meatless Option are available daily.

Meatless options located in the shaded areas on the menu.

Allergy Information:

This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.

The planned lunch meal provides 550-650 calories, <10% saturated fat, and 0g trans fats!

~ Average gram (g) of carbohydrate
Menu subject to change due to product availability and weather delays/cancellations.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mini Corn Dogs~30g Sweet Potato Fries~24g Fresh Radishes~2g Applesauce~15g	4 Chicken Alfredo~25g Garlic Breadstick~15g Green Peas~15g Fresh Broccoli~3g Mandarin Oranges~13g	5 Beef and Cheese Nachos~32g Lettuce/Tomato Cup~3g Cheesy Refried Beans~25g Banana~23g	6 Cheeseburger on a Bun~32g Potato Wedges~24g Coleslaw~6g Watermelon Craisins~28g	7 Cheese Bites w/Pizza Sauce~28g Green Beans~3g Vegetable Selection Chilled Pears~16g
Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Cheese Bites w/Pizza Sauce~28g
10 Zingy Orange Chicken~19g Brown Rice~25g Peas & Carrots~8g Grape Tomatoes~3g Pineapple Tidbits~19g	11 Cheese Quesadilla~32g Fiesta Black Beans~22g Fresh Baby Carrots~5g Fresh Grapes~8g	12 Boneless Chicken Wings~14g Mashed Potatoes w/Gravy~20g Cucumber Slices~2g Clementine~9g	13 Italian Rotini Casserole~27g Garlic Toast~15g Riviera Vegetable Blend~3g Salad Greens~2g Chilled Peaches~14g	14 French Toast Sticks~43g Triple Cherry Yogurt~15g Breakfast Potatoes~13g Vegetable Fruit Juice~14g Fresh Orange Wedges~11g
Power Pack w/Sunflower Seeds~39g	Power Pack w/Sunflower Seeds~39g	Power Pack w/Sunflower Seeds~39g	Power Pack w/Sunflower Seeds~39g	French Toast Sticks~43g
17 Beef Hot Dog on Bun~32g Oven Baked Beans~29g Carrot Sticks~6g Warm Apple Slices~15g	18 Chili Mac~29g Whole Grain Cornbread~29g Carrot Coins~5g Salad Greens~2g Chilled Pears~16g	19 Chicken Tenders~11g Dinner Roll~20g Yellow Corn~15g Fresh Broccoli~3g Fresh Apple Slices~13g	20 Whole Wheat Pancakes~31g w/Syrup~20g Turkey Sausage~1g Potato Rounds~18g Vegetable Fruit Juice~14g Banana~23g	21 Cheese Pizza~34g Cheesy Cauliflower~3g Vegetable Selection Snowman Sorbet~19g
Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Cheese Pizza~34g
24 No School	25 No School	26 No School	27 No School	28 No School
31 No School				
For information on allergies or menu questions, please contact: Kayla Timmerman RD • Student Nutrition Services Dietitian • Edison Building • 507.328.4250 • katimmerman@rochester.k12.mn.us				

**December
2018**

Elementary School BREAKFAST MENU

Breakfast Prices

Kindergarten No Charge
Elementary \$1.25
Adult \$1.80
Reduced No Charge
Milk Carton \$0.45
Month \$18.75

*Students who elect to bring a meal from home and who would like to have milk with their meal are able to purchase milk at school. Meal benefits DO NOT apply.



Allergy Information:
 This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.

The planned breakfast meal provides 350-500 calories, <10% saturated fat, and 0g trans fats!

~ Average gram (g) of carbohydrate
 Menu subject to change due to product availability and weather delays/cancellations.

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Strawberry Banana Yogurt~15g w/Gripz~20g Fruit & Milk~28g	4 Mini Confetti Pancakes~36g Fruit & Milk~28g	5 Cinnamon Toast Crunch Cereal Bar~30g Fruit & Milk~28g	6 Turkey Ham & Cheese Croissant~17g Fruit & Milk~28g	7 Apple Frudel~36g Fruit & Milk~28g
10 Blueberry Breakfast Bread~43g Fruit & Milk~28g	11 Egg & Cheese Sandwich~19g Fruit & Milk~28g	12 Mini Cinnamon Waffles~35g Fruit & Milk~28g	13 Pancake Sandwich~17g Fruit & Milk~28g	14 Grape Crescent Roll~35g Fruit & Milk~28g
17 Butterscotch Oatmeal Bar~24g Fruit & Milk~28g	18 Whole Grain Double Chocolate Chip Muffin Top~32g Fruit & Milk~28g	19 Egg & Cheese Wrap~14g Fruit & Milk~28g	20 Brekkie~27g Fruit & Milk~28g	21 Mini Maple Pancakes~35g Fruit & Milk~28g
24 No School	25 No School	26 No School	27 No School	28 No School
31 No School				