

January 2019

Elementary School LUNCH MENU

Lunch Prices

Kindergarten	\$2.35
Elementary	\$2.35
Adult	\$3.75
Reduced	No Charge
Milk Carton	\$0.45
Month	\$44.65

*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
	1 No School	2 No School	3 French Toast Sticks~43g Turkey Sausage~1g Breakfast Potatoes~13g Vegetable Fruit Juice~14g Applesauce~15g	4 Cheese Bites~21g w/Pizza Sauce~7g Green Beans~3g Vegetable Selection Chilled Pears~16g
			French Toast Sticks~43g	Cheese Bites w/Pizza Sauce~28g
7 Mini Corn Dogs~30g Oven Baked Beans~29g Fresh Baby Carrots~5g Chilled Peaches~14g	8 Walking Taco~28g Lettuce/Tomato Cup~2g Yellow Corn~15g Clementine~9g	9 Cheese Pizza~34g Peas & Carrots~8g Celery Sticks~2g Banana~23g	10 Cheeseburger on a Bun~32g Potato Wedges~24g Fresh Cauliflower~3g Fresh Grapes~8g	11 Mac & Cheese~24g Steamed Broccoli~3g Vegetable Selection Orange Craisins~28g
Power Pack w/Sunflower Seeds~39g	Power Pack w/Sunflower Seeds~39g	Power Pack w/Sunflower Seeds~39g	Power Pack w/Sunflower Seeds~39g	Mac & Cheese~24g
14 Chicken Tenders~11g Whole Grain Biscuit~15g Tri Colored Potatoes~18g Grape Tomatoes~3g Mandarin Oranges~13g	15 Spaghetti & Meatballs~28g Garlic Toast~15g Classic Mixed Vegetables~8g Salad Greens~2g Chilled Pears~16g	16 Beef Hot Dog on Bun~32g Oven Baked Beans~29g Fresh Crinkle Cut Carrots~5g Fresh Apple Slices~13g	17 Cheese Omelet~1g Blueberry Muffin~27g Potato Rounds~18g Cucumber Slices~2g Orange Wedges~11g	18 No School
Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Cheese Omelet~1g	
21 No School	22 Breaded Chicken Drumstick~5g Mashed Potatoes w/Gravy~20g Whole Grain Cornbread~29g Chilled Peaches~14g	23 Beef and Cheese Nachos~32g Lettuce/Tomato Cup~3g Cheesy Refried Beans~25g Clementine~9g	24 Swedish Meatballs over Egg Noodles~32g Dinner Roll~20g Sugar Snap Peas~3g Fresh Grapes~8g Cherry Sorbet~25g	25 Mini Cheese Pizza Bagels~18g Green Peas~10g Fresh Broccoli~3g Applesauce~15g
	Yogurt & Cheese Powerpack~55g	Yogurt & Cheese Powerpack~55g	Yogurt & Cheese Powerpack~55g	Mini Cheese Pizza Bagels~18g
28 Cheese Quesadilla~32g Mild Salsa~4g Yellow Corn~15g Seasoned Black Beans~18g Mango Chunks~10g	29 Southern Style Chicken~10g & Waffles~15g Syrup Cup~20g Roasted Squash~17g Vegetable Selection Banana~23g	30 Cheese Tortellini~40g Garlic Breadstick~15g Green Beans~3g Salad Greens~2g Fresh Strawberries~7g	31 Mini Corn Dogs~30g Bean Medley~21g Bell Pepper Strips~2g Pineapple Tidbits~19g	
Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	
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				

**January
2019**

Elementary School BREAKFAST MENU

Breakfast Prices

Kindergarten No Charge
Elementary \$1.25
Adult \$1.80
Reduced No Charge
Milk Carton \$0.45
Month \$23.75

*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
	1 No School	2 No School	3 Double Chocolate Chip Breakfast Bar~24g Fruit & Milk~28g	4 Egg & Cheese Sandwich~19g Fruit & Milk~28g
7 Cinnamon Burst Breakfast Bread~43g Fruit & Milk~28g	8 Mini Maple Waffles~35g Fruit & Milk~28g	9 Egg & Cheese Wrap~14g Fruit & Milk~28g	10 Grape Crescent Roll~35g Fruit & Milk~28g	11 Whole Grain Blueberry Muffin Top~33g Fruit & Milk~28g
14 Chocolate Chip Oatmeal Bar~24g Fruit & Milk~28g	15 Turkey Ham & Cheese Croissant~17g Fruit & Milk~28g	16 Brekkie~27g Fruit & Milk~28g	17 Mini Chocolate Chip French Toast~35g Fruit & Milk~28g	18 No School
21 No School	22 Banana Breakfast Bread~43g Fruit & Milk~28g	23 Mini Blueberry Pancakes~35g Fruit & Milk~28g	24 Egg & Cheese Sandwich~19g Fruit & Milk~28g	25 Cherry Frudel~37g Fruit & Milk~28g
28 Strawberry Crisp Zee Zee Bar~33g Fruit & Milk~28g	29 Triple Cherry Yogurt~15g w/Gripz~20g Fruit & Milk~28g	30 Whole Grain Double Chocolate Chip Muffin Top~33g Fruit & Milk~28g	31 Pancake Sandwich~17g Fruit & Milk~28g	