

November 2018

Elementary School LUNCH MENU

Lunch Prices

Kindergarten	\$2.35
Elementary	\$2.35
Adult	\$3.75
Reduced	No Charge
Milk Carton	\$0.45
Month	\$39.95

*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 Cheese Bites w/Pizza Sauce~28g Steamed Cauliflower~4g Vegetable Selection Blueberries~10g	2 No School
			Cheese Bites w/Pizza Sauce~28g	
5 Sweet & Sour Chicken~36g Brown Rice~25g Peas & Carrots~8g Grape Tomatoes~3g Pineapple Tidbits~19g	6 Mac & Cheese~24g Steamed Broccoli~3g Cucumber Slices~2g Fresh Grapes~8g	7 Mini Corn Dogs~30g Oven Baked Beans~29g Fresh Baby Carrots~5g Applesauce~15g	8 Cheeseburger on a Bun~32g Sidewinder Fries~23g Sugar Snap Peas~3g Fresh Strawberries~7g	9 French Toast Sticks~43g Raspberry Yogurt~15g Breakfast Potatoes~13g Vegetable Fruit Juice~14g Mango Chunks~10g
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
12 Breaded Chicken Sandwich~44g Sweet Potato Fries~24g Fresh Radishes~2g Mandarin Oranges~13g	13 Beef and Cheese Nachos~32g Lettuce/Tomato Cup~3g Cheesy Refried Beans~25g Banana~23g	14 Spaghetti & Meatballs~28g Garlic Breadstick~15g Green Beans~4g Salad Greens~2g Chilled Peaches~14g	15 Boneless Chicken Wings~14g Curly Fries~25g Fresh Crinkle Cut Carrots~5g Fresh Apple Slices~13g	16 Cheese Pizza~34g Riviera Vegetable Blend~5g Jicama Sticks~6g Chilled Pears~16g
Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Cheese Pizza~34g
19 Cheese Omelet~1g Blueberry Muffin~27g Potato Rounds~18g Carrot Sticks~6g Orange Wedges~11g	20 Chicken & Gravy over Mashed Potatoes~20g Cornbread~29g Vegetable Selection Pumpkin Sorbet~19g	21 No School	22 No School	23 No School
Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g			
26 No School	27 Mini Cheese Pizza Bagels~18g Green Peas~10g Fresh Baby Carrots~6g Applesauce~15g	28 Walking Taco~28g Lettuce/Tomato Cup~2g Yellow Corn~15g Clementine~9g	29 Maple Glazed Waffle Breaded Chicken Biscuit~55g Oven Baked Beans~29g Fresh Broccoli~3g Fresh Grapes~8g	30 Italian Dunker w/Pizza Sauce~28g Classic Mixed Vegetables~12g Celery Sticks~2g Chilled Peaches~14g
	Yogurt & Cheese Powerpack~55g	Yogurt & Cheese Powerpack~55g	Yogurt & Cheese Powerpack~55g	Italian Dunker w/Pizza Sauce~28g
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				

**November
2018**

Elementary School BREAKFAST MENU

Breakfast Prices

Kindergarten No Charge
Elementary \$1.25
Adult \$1.80
Reduced No Charge
Milk Carton \$0.45
Month \$21.25

*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.



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 Turkey Sausage Pita~15g Fruit & Milk~28g	2 No School
5 Banana Breakfast Bread~43g Fruit & Milk~28g	6 Mini French Toast Bites~35g Fruit & Milk~28g	7 Maple Breakfast Bar~24g Fruit & Milk~28g	8 Egg & Cheese Sandwich~19g Fruit & Milk~28g	9 Cherry Frudel~37g Fruit & Milk~28g
12 Cocoa Cherry Zee Zee Bar~33g Fruit & Milk~28g	13 Whole Grain Muffin Top~33g Fruit & Milk~28g	14 Egg & Cheese Wrap~14g Fruit & Milk~28g	15 Brekkie~27g Fruit & Milk~28g	16 Butterscotch Breakfast Bar~24g Fruit & Milk~28g
19 Triple Cherry Yogurt~15g w/Gripz~20g Fruit & Milk~28g	20 Blueberry Pancakes~35g Fruit & Milk~28g	21 No School	22 No School	23 No School
26 No School	27 Strawberry Crisp Zee Zee Bar~33g Fruit & Milk~28g	28 Pumpkin Breakfast Bread~43g Fruit & Milk~28g	29 Pancake Sandwich~17g Fruit & Milk~28g	30 Mini Maple Waffles~35g Fruit & Milk~28g

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