

November 2018

Friedell Middle School LUNCH MENU

Lunch Prices

Secondary \$2.45
Adult \$3.75
Reduced No Charge
Milk Carton \$0.45
Month \$41.65

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.

Fruit & Vegetable Selection available daily.

*Indicates item may contain pork.

Allergy Information:

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

Meatless options available daily, located in the shaded areas on the menu.

The planned lunch meal provides 600-700 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 Spaghetti w/Meat Sauce~51g Chicken Alfredo~40g Garlic Breadstick~15g Chef Salad w/Dinner Roll~35g	2 No School
			Spaghetti w/Marinara Sauce~73g	
5 Hamburger/ Cheeseburger~32g Crispy Chicken Strips~13g *Cobb Salad w/Dinner Roll~38g	6 Mandarin Orange Chicken~23g w/Brown Rice~35g Beef Hotdog~32g Chef Salad w/Dinner Roll~35g	7 Pizza Slice~34g Specialty Pizza: Hawaiian Pizza~36g *Cobb Salad w/Dinner Roll~35g	8 Beef & Cheese Nachos~38g Chicken Quesadilla~32g Chef Salad w/Dinner Roll~35g	9 Chicken Sandwich~44g Cheese Tortellini~34g w/Twisted Breadstick~17g Chef Salad w/Dinner Roll~35g
Homemade Black Bean Burger~72g	Fruit & Yogurt Pack~68g	Cheese Pizza~34g	Hummus, Flatbread, & Veggies~55g	Cheese Tortellini~34g
12 Popcorn Chicken Bowl~69g Deli Sub~50g *Cobb Salad w/Dinner Roll~38g	13 Chili Mac~29g w/Cornbread~29g Mini Corn Dogs~30g Chef Salad w/Dinner Roll~35g	14 French Toast Sticks w/Turkey Sausage~43g Cheese Omelet w/Cinnamon Bread~16g *Cobb Salad w/Dinner Roll~38g	15 Spaghetti w/Meat Sauce~51g Chicken Alfredo~40g Garlic Breadstick~15g Chef Salad w/Dinner Roll~35g	16 Walking Taco~28g Cheese Bites w/Pizza Sauce~28g Chef Salad w/Dinner Roll~35g
Veggie Sub~50g	Fruit & Yogurt Pack~68g	Cheese Omelet w/Cinnamon Bread~16g	Spaghetti w/Marinara Sauce~73g	Cheese Bites w/Pizza Sauce~28g
19 Hamburger/ Cheeseburger~32g Crispy Chicken Strips~13g *Cobb Salad w/Dinner Roll~38g	20 Mandarin Orange Chicken~23g w/Brown Rice~35g Beef Hotdog~32g Chef Salad w/Dinner Roll~35g	21 No School	22 No School	23 No School
Homemade Black Bean Burger~72g	Fruit & Yogurt Pack~68g			
26 No School	27 Chili Mac~29g w/Cornbread~29g Mini Corn Dogs~30g Chef Salad w/Dinner Roll~35g	28 French Toast Sticks w/Turkey Sausage~43g Cheese Omelet w/Cinnamon Bread~16g *Cobb Salad w/Dinner Roll~38g	29 Spaghetti w/Meat Sauce~51g Chicken Alfredo~40g Garlic Breadstick~15g Chef Salad w/Dinner Roll~35g	30 Walking Taco~28g Cheese Bites w/Pizza Sauce~28g Chef Salad w/Dinner Roll~35g
	Fruit & Yogurt Pack~68g	Cheese Omelet w/Cinnamon Bread~16g	Spaghetti w/Marinara Sauce~73g	Cheese Bites w/Pizza Sauce~28g

November 2018

Friedell Middle School BREAKFAST MENU

Breakfast Prices:

Secondary \$1.35
Adult \$1.80
Reduced No Charge
Milk Carton \$0.45
Month \$22.95

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.

*Cereal is available daily.

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 400-550 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.

USDA is an equal opportunity provider and employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Brekkie Smart Round~48g Blueberry Pancakes~35g	2 No School
5 Egg & Cheese Sandwich~19g Fruit Filled Strudel~37g	6 Pancake Sandwich~17g Breakfast Bread~43g	7 Fresh Baked Muffin~60g Egg & Cheese Wrap~14g	8 Brekkie Smart Round~48g Blueberry Pancakes~35g	9 Very Berry Smoothie w/Graham Crackers~65g Oatmeal Chocolate Chip Breakfast Bar~47g
12 Egg & Cheese Sandwich~19g Fruit Filled Strudel~37g	13 Pancake Sandwich~17g Breakfast Bread~43g	14 Fresh Baked Muffin~60g Egg & Cheese Wrap~14g	15 Brekkie Smart Round~48g Blueberry Pancakes~35g	16 Strawberry Banana Smoothie w/Graham Crackers~70g French Toast Breakfast Bar~47g
19 Egg & Cheese Sandwich~19g Fruit Filled Strudel~37g	20 Pancake Sandwich~17g Breakfast Bread~43g	21 No School	22 No School	23 No School
26 No School	27 Pancake Sandwich~17g Breakfast Bread~43g	28 Fresh Baked Muffin~60g Egg & Cheese Wrap~14g	29 Brekkie Smart Round~48g Blueberry Pancakes~35g	30 Strawberry Banana Smoothie w/Graham Crackers~70g French Toast Breakfast Bar~47g

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