

November 2018

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 Beef & Cheese Nachos~38g Pizza Slice~34g	2 No School
			Cheese Pizza~34g	
5 French Toast Sticks w/Turkey Sausage~43g NEW! Cheese Quesadilla~32g	6 Chicken Drumstick w/Mac & Cheese~42g Mini Corn Dogs~30g	7 Chicken Alfredo~40g w/Garlic Breadstick~15g *Pizza Filled Breadsticks~60g	8 Walking Taco~28g Crispy Chicken Sandwich~44g	9 Southern Style Chicken & Waffles~32g Philly Cheesesteak~50g
Cheese Quesadilla~32g	Veggie Sub~50g	Cheese Filled Breadsticks~60g	Fruit & Yogurt Pack~68g	Hummus and Flatbread~55g
12 Crispy Chicken Strips~16g *Breakfast Croissant~31g	13 Hamburger/ Cheeseburger~32g NEW! Cheese Tortellini~34g w/Twisted Breadstick~17g	14 Popcorn Chicken Bowl~57g w/Biscuit~30g Cheese Bites w/Pizza Sauce~35g	15 Beef & Cheese Nachos~38g Pizza Slice~34g	16 NEW! Mandarin Orange Chicken~25g w/Rice~35g or Lo Mein~31g *Pork Street Tacos~29g
Egg & Cheese Croissant~31g	Cheese Tortellini~34g	Cheese Bites w/Pizza Sauce~35g	Cheese Pizza~34g	Fruit & Yogurt Pack~68g
19 French Toast Sticks w/Turkey Sausage~43g Cheese Quesadilla~32g	20 Chicken Drumstick w/Mac & Cheese~42g Mini Corn Dogs~30g	21 No School	22 No School	23 No School
Cheese Quesadilla~32g	Veggie Sub~50g			
26 No School	27 Hamburger/ Cheeseburger~32g Cheese Tortellini~34g w/Twisted Breadstick~17g	28 Popcorn Chicken Bowl~57g w/Biscuit~30g Cheese Bites w/Pizza Sauce~35g	29 Beef & Cheese Nachos~38g Pizza Slice~34g	30 Mandarin Orange Chicken~25g w/Rice~35g or Lo Mein~31g *Pork Street Tacos~29g
	Cheese Tortellini~34g	Cheese Bites w/Pizza Sauce~35g	Cheese Pizza~34g	Fruit & Yogurt Pack~68g

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

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.

This institution is an equal opportunity provider.

			THURSDAY	FRIDAY
			1 Breakfast Bread~43g Cook's Choice	2 No School
5 Egg & Cheese Sandwich~19g Fruit Filled Strudel~37g	6 Mini Pancakes~35g Yogurt Parfait~60g	7 Fresh Baked Muffin~60g Egg & Cheese Wrap~14g	8 Kellogg & Willow Creek: Strawberry Banana Smoothie w/Graham Crackers~70g John Adams: Mini Cinnamon Waffles~35g All Sites: Cocoa Chip Breakfast Bar~47g	9 Turkey Ham and Cheese Croissant~17g Breakfast Bread~43g
12 Egg & Cheese Sandwich~19g Fruit Filled Strudel~37g	13 Mini Pancakes~35g Yogurt Parfait~60g	14 Fresh Baked Muffin~60g Egg & Cheese Wrap~14g	15 Kellogg & Willow Creek: Pineapple Mango Smoothie w/Graham Crackers~65g John Adams: Mini Cinnamon Waffles~35g All Sites: French Toast Breakfast Bar~47g	16 Turkey Ham and Cheese Croissant~17g Breakfast Bread~43g
19 Egg & Cheese Sandwich~19g Fruit Filled Strudel~37g	20 Mini Pancakes~35g Yogurt Parfait~60g	21 No School	22 No School	23 No School
26 No School	27 Mini Pancakes~35g Yogurt Parfait~60g	28 Fresh Baked Muffin~60g Egg & Cheese Wrap~14g	29 Kellogg & Willow Creek: Very Berry Smoothie w/Graham Crackers~74g John Adams: Mini Cinnamon Waffles~35g All Sites: Oatmeal Chocolate Chip Breakfast Bar~47g	30 Turkey Ham and Cheese Croissant~17g Breakfast Bread~43g
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