

# October 2018

# Friedell Middle School LUNCH MENU

### Lunch Prices

**Secondary** \$2.45  
**Adult** \$3.75  
**Reduced** No Charge  
**Milk Carton** \$0.45  
**Month** \$51.45

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
<b>1</b> Popcorn Chicken Bowl~69g Deli Sub~50g *Cobb Salad w/Dinner Roll~38g Veggie Sub~50g	<b>2</b> Chicken Drumstick w/Mac & Cheese~42g Mini Corn Dogs~30g Chef Salad w/Dinner Roll~35g Fruit & Yogurt Pack~68g	<b>3</b> French Toast Sticks w/Turkey Sausage~43g Cheese Omelet w/Cinnamon Bread~16g *Cobb Salad w/Dinner Roll~38g Cheese Omelet w/Cinnamon Bread~16g	<b>4</b> Spaghetti w/Meat Sauce~51g Chicken Alfredo~40g Garlic Breadstick~15g Chef Salad w/Dinner Roll~35g Spaghetti w/Marinara Sauce~73g	<b>5</b> Walking Taco~28g Cheese Bites w/Pizza Sauce~28g Chef Salad w/Dinner Roll~35g Cheese Bites~28g
<b>8</b> Hamburger/Cheeseburger~32g Crispy Chicken Strips~13g *Cobb Salad w/Dinner Roll~38g Homemade Black Bean Burger~72g	<b>9</b> Mandarin Orange Chicken~23g w/Brown Rice~35g Beef Hotdog~32g Chef Salad w/Dinner Roll~35g Fruit & Yogurt Pack~68g	<b>10</b> Pizza Slice~34g Specialty Pizza: Hawaiian Pizza~36g *Cobb Salad w/Dinner Roll~35g Cheese Pizza~34g	<b>11</b> Beef & Cheese Nachos~38g Chicken Quesadilla~32g Chef Salad w/Dinner Roll~35g Hummus, Flatbread, & Veggies~55g	<b>12</b> Southern Style Chicken & Waffles~32g Philly Cheesesteak~50g Chef Salad w/Dinner Roll~35g Veggie Sub~50g
<b>15</b> Popcorn Chicken Bowl~69g Deli Sub~50g *Cobb Salad w/Dinner Roll~38g Veggie Sub~50g	<b>16</b> Chicken Drumstick w/Mac & Cheese~42g Mini Corn Dogs~30g Chef Salad w/Dinner Roll~35g Fruit & Yogurt Pack~68g	<b>17</b> French Toast Sticks w/Turkey Sausage~43g Cheese Omelet w/Cinnamon Bread~16g *Cobb Salad w/Dinner Roll~38g Cheese Omelet w/Cinnamon Bread~16g	<b>18</b> No School	<b>19</b> No School
<b>22</b> Hamburger/Cheeseburger~32g Crispy Chicken Strips~13g *Cobb Salad w/Dinner Roll~38g Homemade Black Bean Burger~72g	<b>23</b> Mandarin Orange Chicken~23g w/Brown Rice~35g Beef Hotdog~32g Chef Salad w/Dinner Roll~35g Fruit & Yogurt Pack~68g	<b>24</b> Pizza Slice~34g Specialty Pizza: BBQ Chicken~50g *Cobb Salad w/Dinner Roll~35g Cheese Pizza~34g	<b>25</b> Beef & Cheese Nachos~38g Chicken Quesadilla~32g Chef Salad w/Dinner Roll~35g Hummus, Flatbread, & Veggies~55g	<b>26</b> Southern Style Chicken & Waffles~32g Philly Cheesesteak~50g Chef Salad w/Dinner Roll~35g Veggie Sub~50g
<b>29</b> Popcorn Chicken Bowl~69g Deli Sub~50g *Cobb Salad w/Dinner Roll~38g Veggie Sub~50g	<b>30</b> Chicken Drumstick w/Mac & Cheese~42g Mini Corn Dogs~30g Chef Salad w/Dinner Roll~35g Fruit & Yogurt Pack~68g	<b>31</b> French Toast Sticks w/Turkey Sausage~43g Cheese Omelet w/Cinnamon Bread~16g *Cobb Salad w/Dinner Roll~38g Cheese Omelet w/Cinnamon Bread~16g		

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# Friedell Middle School BREAKFAST MENU

**Breakfast Prices:**

**Secondary \$1.35**  
**Adult \$1.80**  
**Reduced No Charge**  
**Milk Carton \$0.45**  
**Month \$28.35**

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 Egg & Cheese Sandwich on English Muffin~24g Fruit Filled Strudel~37g	2 Yogurt Parfail~60g Breakfast Bread~43g	3 Fresh Baked Muffin~60g Egg & Cheese Wrap~14g	4 Brekkie Smart Round~48g Blueberry Pancakes~35g	5 Strawberry Banana Smoothie w/Graham Crackers~70g French Toast Breakfast Bar~47g
8 Egg & Cheese Sandwich on English Muffin~24g Fruit Filled Strudel~37g	9 Yogurt Parfail~60g Breakfast Bread~43g	10 Fresh Baked Muffin~60g Egg & Cheese Wrap~14g	11 Brekkie Smart Round~48g Blueberry Pancakes~35g	12 Very Berry Smoothie w/Graham Crackers~65g Oatmeal Chocolate Chip Breakfast Bar~47g
15 Egg & Cheese Sandwich on English Muffin~24g Fruit Filled Strudel~37g	16 Yogurt Parfail~60g Breakfast Bread~43g	17 Fresh Baked Muffin~60g Egg & Cheese Wrap~14g	18 No School	19 No School
22 Egg & Cheese Sandwich on English Muffin~24g Fruit Filled Strudel~37g	23 Yogurt Parfail~60g Breakfast Bread~43g	24 Fresh Baked Muffin~60g Egg & Cheese Wrap~14g	25 Brekkie Smart Round~48g Blueberry Pancakes~35g	26 Very Berry Smoothie w/Graham Crackers~65g Oatmeal Chocolate Chip Breakfast Bar~47g
29 Egg & Cheese Sandwich on English Muffin~24g Fruit Filled Strudel~37g	30 Yogurt Parfail~60g Breakfast Bread~43g	31 Fresh Baked Muffin~60g Egg & Cheese Wrap~14g		
For information on allergies or menu questions, please contact: <b>Kayla Timmerman RD</b> • Student Nutrition Services Dietitian • Edison Building • 507.328.4250 • katimmerman@rochester.k12.mn.us				