

May & June 2019

Longfellow 45-15 LUNCH MENU

Lunch Prices

Kindergarten	\$2.35
Elementary	\$2.35
Adult	\$3.75
Reduced	No Charge
Milk Carton	\$0.45
Month	\$58.75

*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.

**Cold Deli Sandwich (35g) 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 Mini Corn Dogs~30g Oven Baked Beans~29g Fresh Broccoli~3g Fresh Strawberries~7g	2 Spaghetti & Meatballs~28g Garlic Toast~15g Green Beans~3g Salad Greens~2g Applesauce~15g	3 Egg & Cheese Croissant~32g Potato Rounds~18g Vegetable Fruit Juice~14g Chilled Pears~16g
		Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Egg & Cheese Croissant~32g
6 Zingy Orange Chicken~22g Brown Rice~25g Peas & Carrots~8g Celery Sticks~2g Mandarin Oranges~13g	7 Walking Taco~28g Lettuce/Tomato Cup~2g Seasoned Black Beans~18g Banana~23g	8 Chicken Alfredo~25g Garlic Breadstick~15g Steamed Broccoli~3g Salad Greens~2g Chilled Peaches~14g	9 Cheeseburger on a Bun~32g Sweet Potato Fries~24g Mixed Pepper Strips~7g Clementine~9g	10 French Toast Sticks~43g Hard Boiled Egg~0g Breakfast Potatoes~13g Vegetable Fruit Juice~14g Applesauce~15g
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
13 Beef Hot Dog on Bun~32g Bean Medley~21g Fresh Radishes~2g Chilled Peaches~14g	14 Breaded Chicken Drumstick~5g Ranch Macaroni Salad~22g Green Beans~3g Fresh Broccoli~3g Fresh Apple Slices~13g	15 Beef and Cheese Nachos~32g Lettuce/Tomato Cup~3g Yellow Corn~15g Clementine~9g	16 Egg & Cheese Omelet~1g Whole Grain Muffin~27g Hash Brown Rounds~16g Fresh Baby Carrots~5g Fresh Strawberries~7g Frozen Yogurt~14g	17 NEW! Mac & Cheese~23g Mixed Vegetables~8g Salad Greens~2g Chilled Pears~16g
Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Mac & Cheese~23g
20 Breaded Chicken Sandwich~44g Sidewinder Fries~23g Fresh Baby Carrots~5g Applesauce~15g	21 Mini Pancakes~26g w/Syrup~20g Turkey Sausage~1g Breakfast Potatoes~13g Vegetable Fruit Juice~14g Fresh Strawberries~7g	22 Mini Corn Dogs~30g Oven Baked Beans~29g Salad Greens~2g Fresh Watermelon~7g	23 Chicken Strips~10g Cheese Stick~1g Whole Grain Corn Bread~29g Carrot Coins~5g Fresh Apple Slices~13g	24 Italian Dunker w/Pizza Sauce~28g Steamed Asparagus~2g Vegetable Selection Blue Raspberry Sorbet~19g
Yogurt & Cheese Powerpack~55g	Yogurt & Cheese Powerpack~55g	Yogurt & Cheese Powerpack~55g	Yogurt & Cheese Powerpack~55g	Italian Dunker w/Pizza Sauce~28g
27 No School	28 Cheeseburger on Bun~32g Potato Wedges~24g Celery Sticks~2g Pineapple Tidbits~19g	29 Walking Taco~28g Lettuce/Tomato Cup~2g Yellow Corn~15g Fruit Selection	30 Boneless Chicken Wings~14g Oven Baked Beans~29g Fresh Baby Carrots~5g Fruit Selection	31 Cheese Pizza~34g Green Peas~11g Vegetable Selection Fruit Selection
	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Wowbutter & Jelly Sandwich~61g	Cheese Pizza~34g
3 French Toast Sticks~43g Scrambled Eggs~1g Hash Brown Rounds~16g Applesauce~15g	4 Chicken Taco~13g Yellow Corn~15g Lettuce/Tomato~3g Fruit Selection	5 Beef Hot Dog on Bun~32g Oven Baked Beans~29g Fruit Selection	6 No School	7 No School
French Toast Sticks~43g	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

**May & June
2019**

Longfellow 45-15 BREAKFAST MENU

Breakfast Prices

Kindergarten No Charge
Elementary \$1.25
Adult \$1.80
Reduced No Charge
Milk Carton \$0.45
Month \$31.25

*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.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Soft Filled Cinnamon Bar~40g Fruit & Milk~28g	2 Pancake Sandwich~17g Fruit & Milk~28g	3 Apple Frudel~36g Fruit & Milk~28g
6 Banana Breakfast Bread~43g Fruit & Milk~28g	7 Oatmeal Chocolate Chip Bar~24g Fruit & Milk~28g	8 Corn Muffin~23g Fruit & Milk~28g	9 Mini Maple Pancakes~35g Fruit & Milk~28g	10 Chocolate Chip Banana Bread~34g Fruit & Milk~28g
13 Brekkie~27g Fruit & Milk~28g	14 Whole Grain Muffin Top~33g Fruit & Milk~28g	15 Egg & Cheese Wrap~14g Fruit & Milk~28g	16 Mini French Toast Bites~35g Fruit & Milk~28g	17 Triple Cherry Yogurt~15g w/Graham Crackers~17g Fruit & Milk~28g
20 Pumpkin Breakfast Bread~43g Fruit & Milk~28g	21 Soft Filled Cinnamon Bar~40g Fruit & Milk~28g	22 Mini Maple Waffles~35g Fruit & Milk~28g	23 Chocolate Chip Banana Bread~34g Fruit & Milk~28g	24 Cherry Frudel~37g Fruit & Milk~28g
27 No School	28 Whole Grain Muffin Top~33g Fruit & Milk~28g	29 Egg & Cheese Sandwich~24g Fruit & Milk~28g	30 Assorted Crackers~20g w/String Cheese~1g Fruit & Milk~28g	31 Confetti Pancakes~36g Fruit & Milk~28g
3 Chocolate Chip Banana Bread~34g Fruit & Milk~28g	4 Yogurt~15g w/Graham Crackers~17g Fruit & Milk~28g	5 Apple Frudel~36g Fruit & Milk~28g	6 No School	7 No School