

May 2019

Middle School LUNCH MENU

Lunch Prices

Secondary \$2.45
Adult \$3.75
Reduced No Charge
Milk Carton \$0.45
Month \$53.90

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 Popcorn Chicken Bowl~57g w/Biscuit~30g Salad & Sub Bar | 2 Mandarin Orange Chicken~25g w/Rice~35g or Lo Mein~31g *Pork Street Tacos~29g | 3 Walking Taco~28g *Breakfast Croissant~31g |
| | | Chef Salad w/Dinner Roll~35g | Fruit & Yogurt Pack~68g | Egg & Cheese Croissant~31g |
| 6 Mini Corn Dogs~30g Mac & Cheese~23g w/Spicy Chicken Drumstick~6g | 7 Boneless Chicken Wings~17g Italian Dunker w/Pizza Sauce~37g | 8 French Toast Sticks w/Turkey Sausage~43g Salad & Sub Bar | 9 Penne Pasta w/Meat Sauce~62g & Garlic Breadstick~15g Crispy Chicken Sandwich~44g | 10 Beef & Cheese Nachos~38g Pizza Slice~34g |
| Hummus & Flatbread~55g | Italian Dunker w/Pizza Sauce~37g | Chef Salad w/Dinner Roll~35g | Fruit & Yogurt Pack~68g | Cheese Pizza~34g |
| 13 Crispy Chicken Strips~16g Breakfast Bowl~40g w/Smart Round~51g | 14 Hamburger/ Cheeseburger~32g Chicken Alfredo~40g w/Garlic Breadstick~15g | 15 Popcorn Chicken Bowl~57g w/Biscuit~30g Salad & Sub Bar | 16 Mandarin Orange Chicken~25g w/Rice~35g or Lo Mein~31g *Pork Street Tacos~29g | 17 Walking Taco~28g *Breakfast Croissant~31g |
| Breakfast Bowl w/Smart Round~91g | Veggie Sub~50g | Chef Salad w/Dinner Roll~35g | Fruit & Yogurt Pack~68g | Egg & Cheese Croissant~31g |
| 20 Mini Corn Dogs~30g Mac & Cheese~23g w/Spicy Chicken Drumstick~6g | 21 Boneless Chicken Wings~17g Italian Dunker w/Pizza Sauce~37g | 22 French Toast Sticks w/Turkey Sausage~43g Salad & Sub Bar | 23 Penne Pasta w/Meat Sauce~62g & Garlic Breadstick~15g Crispy Chicken Sandwich~44g | 24 Beef & Cheese Nachos~38g Crispy Chicken Strips~16g |
| Hummus & Flatbread~55g | Italian Dunker w/Pizza Sauce~37g | Chef Salad w/Dinner Roll~35g | Fruit & Yogurt Pack~68g | Bean & Cheese Nachos~49g |
| 27 No School | 28 Hamburger/ Cheeseburger~32g Chicken Alfredo~40g w/Garlic Breadstick~15g | 29 Popcorn Chicken Bowl~57g w/Biscuit~30g Salad & Sub Bar | 30 Walking Taco~28g *Breakfast Croissant~31g | 31 Pizza Slice~34g Cook's Choice |
| | Veggie Sub~50g | Chef Salad w/Dinner Roll~35g | Fruit & Yogurt Pack~68g | Cheese Pizza~34g |

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
2019**

Middle School BREAKFAST MENU

Breakfast Prices:

Secondary \$1.35
Adult \$1.80
Reduced No Charge
Milk Carton \$0.45
Month \$29.70

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 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 | 2 Kellogg & Willow Creek: Orange Dream Smoothie w/Graham Crackers~65g John Adams: Mini Blueberry Pancakes~35g All Sites: Oatmeal Breakfast Bar~47g | 3 Turkey Ham & Cheese Croissant~17g Soft Filled Cinnamon Bar~40g |
| 6 | 7 | 8 | 9 Kellogg & Willow Creek: Strawberry Banana Smoothie w/Graham Crackers~70g John Adams: Mini Blueberry Pancakes~35g All Sites: Oatmeal Breakfast Bar~47g | 10 Turkey Ham & Cheese Croissant~17g Soft Filled Cinnamon Bar~40g |
| 13 | 14 | 15 | 16 Kellogg & Willow Creek: Pineapple Mango Smoothie w/Graham Crackers~65g John Adams: Mini Blueberry Pancakes~35g All Sites: Oatmeal Breakfast Bar~47g | 17 Turkey Ham & Cheese Croissant~17g Soft Filled Cinnamon Bar~40g |
| 20 | 21 | 22 | 23 Kellogg & Willow Creek: Strawberry Banana Smoothie w/Graham Crackers~70g John Adams: Mini Blueberry Pancakes~35g All Sites: Oatmeal Breakfast Bar~47g | 24 Turkey Ham & Cheese Croissant~17g Soft Filled Cinnamon Bar~40g |
| 27 | 28 | 29 | 30 | 31 |
| No School | Chocolate Chip French Toast~35g Cook's Choice | Fruit Filled Strudel~37g Cook's Choice | Breakfast Smoothie w/Graham Crackers~70g Cook's Choice | Soft Filled Cinnamon Bar~40g Cook's Choice |
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