

May 2019

Hawthorne, Phoenix, & RAIL LUNCH MENU

Lunch Prices

Kindergarten	\$2.35
Elementary	\$2.35
Secondary	\$2.45
Adult	\$3.75
Reduced	No Charge
Milk Carton	\$0.45

Breakfast Prices:

Elementary	\$1.25
Secondary	\$1.35
Adult	\$1.80
Reduced	No Charge
Milk Carton	\$0.45

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.

*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.

The planned lunch meal provides 750-850 calories, <10% saturated fat, and 0g trans fats!

Menu subject to change due to product availability and weather delays/cancellations.
~ Average gram (g) of carbohydrate

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Breaded Chicken Sandwich~47g Strawberry Spring Salad w/Dinner Roll~90g Peas & Carrots~8g Salad Greens~2g Fruit Selection Egg & Cheese Sandwich~19g	2 Beef & Cheese Nachos~38g w/Dinner Roll~88g Lettuce/Tomato~3g Cheesy Refried Beans~25g Fruit Selection Breakfast Bread~43g	3 Pizza Slice~34g *Cobb Salad w/Dinner Roll~35g Green Beans~5g Salad Greens~2g Fruit Selection Cherry Frudel~37g
6 Beef Hotdog on Bun~32g Chef Salad w/Dinner Roll~35g Baked Beans~29g Fresh Broccoli~3g Fruit Selection Chocolate Chip French Toast~35g	7 Popcorn Chicken Bowl~12g w/Biscuit~30g Caesar Salad w/Dinner Roll~35g Mashed Potatoes~20g Yellow Corn~15g Fruit Selection Oatmeal Chocolate Chip Bar~48g	8 French Toast Sticks w/Turkey Sausage~57g Strawberry Spring Salad w/Dinner Roll~90g Breakfast Potatoes~20g Fresh Baby Carrots~5g Fruit Selection Egg & Cheese Sandwich~19g	9 Walking Taco~28g Asian Chicken Salad w/Dinner Roll~88g Lettuce/Tomato~3g Black Bean Salad~16g Fruit Selection Maple Mini Pancakes~35g	10 Boneless Chicken Wings w/Dinner Roll~40g *Cobb Salad w/Dinner Roll~35g Potato Coins~36g Assorted Fresh Vegetables Fruit Selection Cherry Frudel~37g
13 Spaghetti~62g w/Garlic Toast~15g Chef Salad w/Dinner Roll~35g Cooked Carrots~5g Salad Greens~2g Fruit Selection Chocolate Chip French Toast~35g	14 *Breakfast Croissant~31g Caesar Salad w/Dinner Roll~35g Potato Coins~36g Assorted Fresh Vegetables Fruit Selection Oatmeal Chocolate Chip Bar~48g	15 Breaded Chicken Sandwich~47g Strawberry Spring Salad w/Dinner Roll~90g Baked Beans~29g Salad Greens~2g Fruit Selection Egg & Cheese Sandwich~19g	16 Beef & Cheese Nachos~38g w/Dinner Roll~88g Lettuce/Tomato~3g Cheesy Refried Beans~25g Fruit Selection Breakfast Bread~43g	17 Pizza Slice~34g *Cobb Salad w/Dinner Roll~35g Green Beans~5g Fresh Baby Carrots~5g Fruit Selection Cherry Frudel~37g
20 Crispy Chicken Strips~16g Garlic Breadstick~15g Chef Salad w/Dinner Roll~35g Green Peas~11g Fresh Baby Carrots~5g Fruit Selection Chocolate Chip French Toast~35g	21 Popcorn Chicken Bowl~12g w/Biscuit~30g Caesar Salad w/Dinner Roll~35g Mashed Potatoes~20g Yellow Corn~15g Fruit Selection Oatmeal Chocolate Chip Bar~48g	22 Hamburger/Cheeseburger~32g Strawberry Spring Salad w/Dinner Roll~90g Baked Beans~29g Assorted Fresh Vegetables Fruit Selection Egg & Cheese Sandwich~19g	23 Walking Taco~28g Asian Chicken Salad w/Dinner Roll~88g Lettuce/Tomato~3g Yellow Corn~15g Fruit Selection Maple Mini Pancakes~35g	24 French Bread Pizza w/Pizza Sauce~35g *Cobb Salad w/Dinner Roll~35g Salad Greens~2g Fresh Baby Carrots~5g Fruit Selection Cherry Frudel~37g
27 No School	28 Bosco Sticks~60g Caesar Salad w/Dinner Roll~35g Cooked Vegetable Assorted Fresh Vegetables Fruit Selection Oatmeal Chocolate Chip Bar~48g	29 Boneless Chicken Wings w/Dinner Roll~40g Chef Salad w/Dinner Roll~35g Potato Coins~36g Fresh Baby Carrots~5g Fruit Selection Egg & Cheese Sandwich~19g	30 Beef Hotdog on Bun~32g Chef Salad w/Dinner Roll~35g Baked Beans~29g Fresh Broccoli~3g Fruit Selection Breakfast Bread~43g	31 Pizza Slice~34g Chef Salad w/Dinner Roll~35g Cooked Vegetable Assorted Fresh Vegetables Fruit Selection Cherry Frudel~37g

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