

Rochester ALC

LUNCH MENU

May
2019

Lunch Prices

Secondary	\$2.45
Adult	\$3.75
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.

**Assortment of fruits and vegetables offered 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 750-850 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 Orange Chicken~27g w/Lo Mein~31g or Brown Rice~45g Hamburger or Cheeseburger~32g *Cobb Salad w/Dinner Roll~38g	2 Chicken Alfredo~47g w/Garlic Breadstick~15g Cheese Bites w/Pizza Sauce~35g *Chicken BLT Salad w/Dinner Roll~45g	3 Beef & Cheese Nachos~38g Fish Sandwich~58g w/Coleslaw~8g Chef Salad w/Dinner Roll~35g
6 Breakfast Skillet~40g w/Whole Grain Muffin~60g Panini~26g French Bread Pizza~28g Asian Chicken Salad w/Dinner Roll~88g	7 Pizza~36g Chicago Style Beef Hotdog~31g Southwest Chicken Salad w/Dinner Roll~35g	8 Swedish Meatballs~51g Mini Corn Dogs~30g *Cobb Salad w/Dinner Roll~38g	9 Chili Mac~46g w/Cornbread~29g Grilled Chicken Sandwich~47g *Chicken BLT Salad w/Dinner Roll~45g	10 Walking Taco~28g Fish Sandwich~58g w/Coleslaw~8g Chef Salad w/Dinner Roll~35g
13 Popcorn Chicken Bowl~67g Turkey Burger~32g Asian Chicken Salad w/Dinner Roll~88g	14 *Pork Street Tacos~29g Boneless Chicken Wings Basket~76g Southwest Chicken Salad w/Dinner Roll~35g	15 Orange Chicken~27g w/Lo Mein~31g or Brown Rice~45g Hamburger or Cheeseburger~32g *Cobb Salad w/Dinner Roll~38g	16 Chicken Alfredo~47g w/Garlic Breadstick~15g Cheese Bites w/Pizza Sauce~35g *Chicken BLT Salad w/Dinner Roll~45g	17 Beef & Cheese Nachos~38g Fish Sandwich~58g w/Coleslaw~8g Chef Salad w/Dinner Roll~35g
20 Breakfast Skillet~40g w/Whole Grain Muffin~60g Panini~26g French Bread Pizza~28g Asian Chicken Salad w/Dinner Roll~88g	21 Pizza~36g Chicago Style Beef Hotdog~31g Southwest Chicken Salad w/Dinner Roll~35g	22 Swedish Meatballs~51g Mini Corn Dogs~30g *Cobb Salad w/Dinner Roll~38g	23 Chili Mac~46g w/Cornbread~29g Grilled Chicken Sandwich~47g *Chicken BLT Salad w/Dinner Roll~45g	24 Walking Taco~28g Fish Sandwich~58g w/Coleslaw~8g Chef Salad w/Dinner Roll~35g
27 No School	28 *Pork Street Tacos~29g Boneless Chicken Wings Basket~76g Southwest Chicken Salad w/Dinner Roll~35g	29 Orange Chicken~27g w/Lo Mein~31g or Brown Rice~45g Hamburger or Cheeseburger~32g *Cobb Salad w/Dinner Roll~38g	30 Beef & Lamb Gyro~29g Grilled Chicken Sandwich~47g *Chicken BLT Salad w/Dinner Roll~45g	31 Philly Cheesesteak~48g French Bread Pizza~28g Chef Salad w/Dinner Roll~35g
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				

Rochester ALC

BREAKFAST MENU

May
2019

Breakfast Prices

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.

Cereal 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 breakfast meal provides 450-600 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 Breakfast Burrito~32g Pumpkin Bread~43g	2 Fiesta Egg Sandwich~19g Cocoa Chip Breakfast Bar~48g	3 Strawberry Banana Smoothie w/Graham Cracker~70g Mini Cinnamon Waffles~35g
6 Egg & Cheese Croissant~31g Brekkie~51g	7 Yogurt Parfait~75g Fruit Filled Strudel~37g	8 Breakfast Burrito~32g Banana Bread~43g	9 Fiesta Egg Sandwich~19g Oatmeal Chocolate Chip Breakfast Bar~48g	10 Orange Dream Smoothie w/Graham Cracker~70g Egg & Cheese Wrap~14g
13 Egg & Cheese Croissant~31g Brekkie~51g	14 Yogurt Parfait~75g Fruit Filled Strudel~37g	15 Breakfast Burrito~32g Pumpkin Bread~43g	16 Fiesta Egg Sandwich~19g Cocoa Chip Breakfast Bar~48g	17 Pineapple Mango Smoothie w/Graham Cracker~70g Mini Cinnamon Waffles~35g
20 Egg & Cheese Croissant~31g Brekkie~51g	21 Yogurt Parfait~75g Fruit Filled Strudel~37g	22 Breakfast Burrito~32g Wildberry Bread~43g	23 Fiesta Egg Sandwich~19g Oatmeal Chocolate Chip Breakfast Bar~48g	24 Strawberry Banana Smoothie w/Graham Cracker~70g Egg & Cheese Wrap~14g
27 No School	28 Yogurt Parfait~75g Fruit Filled Strudel~37g	Egg & Cheese Croissant~31g Breakfast Bread~43g	30 Fiesta Egg Sandwich~19g Cook's Choice	31 Cook's Choice

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