

# Rochester ALC

# SUPPER MENU

May  
2019

### Meal Prices

Students  
Adult

No Charge  
\$3.75

\*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!**

~ 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/ Brown Rice~45g *Cobb Salad w/Dinner Roll~38g	2 Chicken Alfredo~47g w/Garlic Breadstick~15g *Chicken BLT Salad w/Dinner Roll~45g	3
6 French Bread Pizza w/Pizza Sauce~35g Asian Chicken Salad w/Dinner Roll~88g	7 Chicago Style Beef Hotdog~31g Southwest Chicken Salad w/Dinner Roll~35g	8 Grilled Chicken Sandwich~47g *Cobb Salad w/Dinner Roll~38g	9 Walking Taco~28g *Chicken BLT Salad w/Dinner Roll~45g	10
13 Popcorn Chicken Bowl~67g Asian Chicken Salad w/Dinner Roll~88g	14 Hamburger or Cheeseburger~32g Southwest Chicken Salad w/Dinner Roll~35g	15 Orange Chicken~27g w/ Brown Rice~45g *Cobb Salad w/Dinner Roll~38g	16 Chicken Alfredo~47g w/Garlic Breadstick~15g *Chicken BLT Salad w/Dinner Roll~45g	17
20 Breakfast Skillet~40g w/Whole Grain Muffin~60g Asian Chicken Salad w/Dinner Roll~88g	21 Chicago Style Beef Hotdog~31g Southwest Chicken Salad w/Dinner Roll~35g	22 Grilled Chicken Sandwich~47g *Cobb Salad w/Dinner Roll~38g	23 Walking Taco~28g *Chicken BLT Salad w/Dinner Roll~45g	24
27 No School	28 Pizza~36g Southwest Chicken Salad w/Dinner Roll~35g	29 Boneless Chicken Wings Basket~76g *Cobb Salad w/Dinner Roll~38g	30 Hamburger or Cheeseburger~32g *Chicken BLT Salad w/Dinner Roll~45g	31
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				