

# May 2019

# High 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

**Grill Special located in shaded area 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 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 employer.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Mac & Cheese Bar~55g Philly Cheesesteak~48g Strawberry Spring Salad~53g w/Dinner Roll~29g	2 Beef & Cheese Nachos~38g Creamy Chicken & Wild Rice Soup w/Garlic Knot~23g Asian Chicken Salad~59g w/Dinner Roll~29g	3 Cheese & Pepperoni Pizza~34g Taco Fiesta Pizza~37g Fish Tacos w/Mango Bean Salsa~48g *Cobb Salad~15g w/Dinner Roll~29g
		Breaded Chicken Sandwich~46g	Chicken Tender Basket~75g	Grilled Chicken Sandwich~34g
6 Penne Rosa Pasta~55g w/Garlic Breadstick~15g Beef Hotdog w/Toppings~32g Chef Salad~10g w/Dinner Roll~29g	7 Popcorn Chicken Bowl~57g w/Biscuit~30g *Pork Street Tacos~29g Caesar Salad~28g w/Dinner Roll~29g	8 French Toast Sticks w/Turkey Sausage~57g Spicy Chicken Sandwich~47g Strawberry Spring Salad~53g w/Dinner Roll~29g	9 Walking Taco~28g Beef & Lamb Gyro~29g Asian Chicken Salad~59g w/Dinner Roll~29g	10 Boneless Chicken Wing Bar~40g Tomato Basil Soup~23g w/Grilled Cheese~34g *Cobb Salad~15g w/Dinner Roll~29g
Hamburger/Cheeseburger~32g	*Pizza Breadsticks~60g	Breaded Chicken Sandwich~46g	Chicken Tender Basket~75g	Grilled Chicken Sandwich~34g
13 Spaghetti~62g w/Garlic Toast~15g Crispy Chicken Wrap~40g Chef Salad~10g w/Dinner Roll~29g	14 Mandarin Orange Chicken~25g w/Lo Mein *Breakfast Croissant~31g Caesar Salad~28g w/Dinner Roll~29g	15 Mac & Cheese Bar~55g Philly Cheesesteak~48g Strawberry Spring Salad~53g w/Dinner Roll~29g	16 Beef & Cheese Nachos~38g Creamy Chicken & Wild Rice Soup~15g w/Garlic Knot~23g Asian Chicken Salad~59g w/Dinner Roll~29g	17 Cheese & Pepperoni Pizza~34g Chicken Alfredo Pizza~40g Fish Tacos w/Mango Bean Salsa~48g *Cobb Salad~15g w/Dinner Roll~29g
Hamburger/Cheeseburger~32g	*Pizza Breadsticks~60g	Breaded Chicken Sandwich~46g	Chicken Tender Basket~75g	Grilled Chicken Sandwich~34g
20 Bruschetta Chicken Pasta~47g w/Garlic Breadstick~15g Beef Hotdog w/Toppings~32g Chef Salad~10g w/Dinner Roll~29g	21 Popcorn Chicken Bowl~57g w/Biscuit~30g *Pork Street Tacos~29g Caesar Salad~28g w/Dinner Roll~29g	22 *Breakfast Skillet~40g w/Whole Grain Muffin~60g Spicy Chicken Sandwich~47g Strawberry Spring Salad~53g w/Dinner Roll~29g	23 Walking Taco~28g Beef & Lamb Gyro~29g Asian Chicken Salad~59g w/Dinner Roll~29g	24 Gourmet Hawaiian Burger~58g Tomato Basil Soup~23g w/Grilled Cheese~34g *Cobb Salad~15g w/Dinner Roll~29g
Hamburger/Cheeseburger~32g	*Pizza Breadsticks~60g	Breaded Chicken Sandwich~46g	Chicken Tender Basket~75g	Grilled Chicken Sandwich~34g
No School	28 Mandarin Orange Chicken~25g w/Asian Fried Rice~58g *Breakfast Croissant~31g Caesar Salad~28g w/Dinner Roll~29g	29 Cook's Choice	30 Cook's Choice	31 Cook's Choice
	*Pizza Breadsticks~60g			

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**

# High 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.

Cereal 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.

**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 employer.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
				1	*Pancake & Sausage Sliders~34g Yogurt Parfait~60g Breakfast Bread~43g	2	Egg & Cheese Croissant~31g Smart Round~54g Fruit Filled Strudel~36g	3	Strawberry Banana Smoothie w/Graham Cracker~70g *Sausage, Egg & Cheese Biscuit~32g
6	Mini Pancakes~35g Egg & Cheese Croissant~31g Breakfast Bread~44g	7	*Breakfast Pizza~24g Homemade Muffin~60g Fruit Filled Strudel~36g	8	*Pancake & Sausage Sliders~34g Yogurt Parfait~60g Breakfast Bread~43g	9	Egg & Cheese Croissant~31g Smart Round~54g Fruit Filled Strudel~36g	10	Pineapple Mango Smoothie w/Graham Cracker~65g *Sausage, Egg & Cheese Biscuit~32g
13	Mini Pancakes~35g Egg & Cheese Croissant~31g Breakfast Bread~44g	14	*Breakfast Pizza~24g Homemade Muffin~60g Fruit Filled Strudel~36g	15	*Pancake & Sausage Sliders~34g Yogurt Parfait~60g Breakfast Bread~43g	16	Egg & Cheese Croissant~31g Smart Round~54g Fruit Filled Strudel~36g	17	Orange Dream Smoothie w/Graham Cracker~70g *Sausage, Egg, & Cheese Biscuit~32g
20	Mini Pancakes~35g Egg & Cheese Croissant~31g Breakfast Bread~44g	21	*Breakfast Pizza~24g Homemade Muffin~60g Fruit Filled Strudel~36g	22	*Pancake & Sausage Sliders~34g Yogurt Parfait~60g Breakfast Bread~43g	23	Egg & Cheese Croissant~31g Smart Round~54g Fruit Filled Strudel~36g	24	Cook's Choice Breakfast Smoothie w/Graham Cracker~65g *Sausage, Egg & Cheese Biscuit~32g
27	No School	28	Cook's Choice	29	Cook's Choice	30	Cook's Choice	31	Cook's Choice

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