

Summer Food Program

MENU

August 2019

PRICES:

Age 18 & Younger Free
 Adult Breakfast \$2.30
 Adult Lunch \$4.05

Breakfast (Blue shaded area)

Skim or 1% white milk and fruit or juice available daily.

Lunch

Milk choice and cold sandwich option available daily.

*Indicates item may contain pork

Don't Forget!

Applications for Free or Reduced priced meals need to be filled out YEARLY if you would like to receive or continue benefits. New applications for the 2019-2020 school year will be available in August.

For information on allergies or menu questions, please contact:

Kayla Timmerman, RD
 Student Nutrition Services Dietitian
 Edison Administration Building
 Phone: (507) 328-4250
 katimmerman@rochester.k12.mn.us

~ 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
Allergy Information: This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.			1 Walking Taco~28g Lettuce/Tomato~3g Fruit Selection~15g	2 Orange Chicken~31g Brown Rice~20g Steamed Broccoli~3g Fruit Selection~15g
			Yogurt~15 & Snack Cracker~20g	Muffin Top~41g
5 Cheeseburger on Bun~32g Potato Wedges~19g Fruit Selection~15g	6 Chicken Soft Taco~17g Black Beans~18g Lettuce/Tomato~3g Fruit Selection~15g	7 Breakfast Croissant~31g Breakfast Potatoes~15g Fruit Selection~15g	8 Spaghetti and Meat Sauce~33g Cheesy Breadstick~17g Peas and Carrots~8g Fruit Selection~15g	9 Cheese Pizza~32g Fresh Baby Carrots~6g Fruit Selection~15g
Cereal~22g	Frudel~37g	Chocolate Chip Banana Bread	Yogurt~15 & Snack Cracker~20g	Muffin Top~41g
12 Beef Hot Dog on Bun~32g Oven Baked Beans~29g Fruit Selection~15g	13 French Toast Sticks~43g Scrambled Eggs~1g Potato Rounds~17g Fruit Selection~15g	14 Boneless Wings~17g Yellow Corn~15g Fruit Selection~15g	15 Walking Taco~28g Lettuce/Tomato~3g Fruit Selection~15g	16 Orange Chicken~31g Brown Rice~20g Steamed Broccoli~3g Fruit Selection~15g
Cereal~22g	Frudel~37g	Chocolate Chip Banana Bread~34g	Yogurt~15 & Snack Cracker~20g	Muffin Top~41g
19 Chef's Choice/ SACC On The Go- Sack Lunch	20 Chef's Choice/ SACC On The Go- Sack Lunch	21 Chef's Choice/ SACC On The Go- Sack Lunch	22 Chef's Choice/ SACC On The Go- Sack Lunch	23 Chef's Choice/ SACC On The Go- Sack Lunch
Cereal~22g	Frudel~37g	Chocolate Chip Banana Bread~34g	Assorted Breakfast Selections	Assorted Breakfast Selections
24	25	26	27	28