

September 2019

Rochester ALC LUNCH MENU

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
2 No School	3 Pizza~35g Breaded Chicken Sandwich~46g Chef Salad~17g	4 Beef & Cheese Nachos~48g Bone in Chicken Wings w/Dinner Roll~29g Caesar Salad~42g	5 Chicken Alfredo~45g w/Garlic Breadstick~15g French Bread Pizza~28g Chipotle Cobb Salad w/Cilantro Vinaigrette~20g	6 Tangerine Orange Chicken~25g w/Asian Fried Rice~32g Hamburger/Cheeseburger~32g Chef Salad~17g
9 Penne Rosa Pasta~56g w/Garlic Toast~15g Beef Hotdog~30g Asian Chicken Salad w/Sesame Ginger Dressing~51g	10 Pork Street Tacos~31g Mini Corn Dogs~40g Chef Salad~17g	11 Pancakes w/Chicken Sausage & Eggs~67g Grilled Chicken Sandwich~30g Caesar Salad~42g	12 BYO Ramen Bowl Bar Turkey Pepperoni Calzone~29g Chipotle Cobb Salad w/Cilantro Vinaigrette~20g	13 Walking Taco~31g Chicken Tender Basket~60g Chef Salad~17g
16 Popcorn Chicken Bowl~57g w/Biscuit~30g Turkey Burger~30g Asian Chicken Salad w/Sesame Ginger Dressing~51g	17 Pizza~35g Breaded Chicken Sandwich~46g Jalapeño Popper Turkey Panini~41g Chef Salad~17g	18 Beef & Cheese Nachos~48g Bone in Chicken Wings w/Dinner Roll~29g Caesar Salad~42g	19 Chicken Alfredo~45g w/Garlic Breadstick~15g French Bread Pizza~28g Chipotle Cobb Salad w/Cilantro Vinaigrette~20g	20 Tangerine Orange Chicken~25g w/Asian Fried Rice~32g Hamburger/Cheeseburger~32g Chef Salad~17g
23 Penne Rosa Pasta~56g w/Garlic Toast~15g Beef Hotdog~30g Asian Chicken Salad w/Sesame Ginger Dressing~51g	24 Pork Street Tacos~31g Mini Corn Dogs~40g Chef Salad~17g	25 Pancakes w/Chicken Sausage & Eggs~67g Grilled Chicken Sandwich~30g Caesar Salad~42g	26 BYO Ramen Bowl Bar Turkey Pepperoni Calzone~29g Chipotle Cobb Salad w/Cilantro Vinaigrette~20g	27 Walking Taco~31g Chicken Tender Basket~60g Chef Salad~17g
30 Popcorn Chicken Bowl~57g w/Biscuit~30g Turkey Burger~30g Asian Chicken Salad w/Sesame Ginger Dressing~51g				

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

September
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
2 No School	3 Yogurt Parfait~75g Fruit Filled Strudel~37g	4 Breakfast Burrito~32g Pumpkin Bread~43g	5 Canadian Bacon, Egg, & Cheese Flatbread Sandwich~27g Cocoa Chip Breakfast Bar~48g	6 Strawberry Banana Smoothie w/Graham Cracker~70g Mini Cinnamon Waffles~35g
9 Egg & Cheese Croissant~31g Soft Filled Cinnamon Bar~40g	10 Yogurt Parfait~75g Fruit Filled Strudel~37g	11 Breakfast Burrito~32g Banana Bread~43g	12 Canadian Bacon, Egg, & Cheese Flatbread Sandwich~27g Oatmeal Chocolate Chip Breakfast Bar~48g	13 Orange Dream Smoothie w/Graham Cracker~70g Mini Cinnamon Waffles~35g
16 Egg & Cheese Croissant~31g Soft Filled Cinnamon Bar~40g	17 Yogurt Parfait~75g Fruit Filled Strudel~37g	18 Breakfast Burrito~32g Pumpkin Bread~43g	19 Canadian Bacon, Egg, & Cheese Flatbread Sandwich~27g Cocoa Chip Breakfast Bar~48g	20 Pineapple Mango Smoothie w/Graham Cracker~70g Mini Cinnamon Waffles~35g
23 Egg & Cheese Croissant~31g Soft Filled Cinnamon Bar~40g	24 Yogurt Parfait~75g Fruit Filled Strudel~37g	25 Breakfast Burrito~32g Banana Bread~43g	26 Canadian Bacon, Egg, & Cheese Flatbread Sandwich~27g Oatmeal Chocolate Chip Breakfast Bar~48g	27 Strawberry Banana Smoothie w/Graham Cracker~70g Mini Cinnamon Waffles~35g
30 Egg & Cheese Croissant~31g Soft Filled Cinnamon Bar~40g				

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