

September 2019

Hawthorne, Phoenix, & RAIL LUNCH MENU

Lunch Prices

Kindergarten	\$2.35
Elementary	\$2.35
Secondary	\$2.45
Adult	\$3.75
Reduced	No Charge
Milk Carton	\$0.45

Breakfast Prices:

Elementary	\$1.25
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.

*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!

Menu subject to change due to product availability and weather delays/cancellations.
~ Average gram (g) of carbohydrate

This institution is an equal opportunity provider.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Hamburger/ Cheeseburger Caesar Salad Baked Beans Fresh Baby Carrots Fruit Selection	4 Beef & Cheese Nachos Blueberry Balsamic Salad Lettuce/Tomato Cheesy Refried Beans Fruit Selection	5 French Toast Sticks w/Chicken Sausage Asian Chicken Salad Breakfast Potatoes Vegetable Fruit Juice Fruit Selection	6 Pizza Slice Chef Salad Green Beans Salad Greens Fruit Selection
	Egg & Cheese Sandwich	Frudel	Maple Mini Pancakes~35g	Smart Round
9 Chicken Alfredo w/Garlic Breadstick Chef Salad Steamed Broccoli Fresh Baby Carrots Fruit Selection	10 Tangerine Orange Chicken w/Brown Rice Caesar Salad Peas & Carrots Assorted Fresh Vegetables Fruit Selection	11 Walking Taco Blueberry Balsamic Salad Lettuce/Tomato Black Bean Salad Fruit Selection	12 French Bread Pizza w/Pizza Sauce Asian Chicken Salad Mixed Vegetables Salad Greens Fruit Selection	13 Boneless Chicken Wings w/Dinner Roll Chef Salad Potato Coins Assorted Fresh Vegetables Fruit Selection
Breakfast Bread	Egg & Cheese Sandwich	Frudel	Maple Mini Pancakes~35g	Smart Round
16 Spaghetti~62g w/Garlic Toast~15g Chef Salad Cooked Carrots Salad Greens Fruit Selection	17 Popcorn Chicken Bowl w/Biscuit Caesar Salad Mashed Potatoes Yellow Corn Fruit Selection	18 Breakfast Croissant Blueberry Balsamic Salad Breakfast Potatoes Vegetable Fruit Juice Fruit Selection	19 Grilled Chicken Sandwich Asian Chicken Salad Baked Beans Fresh Baby Carrots Fruit Selection	20 Calzone Chef Salad Normandy Vegetable Blend Fresh Broccoli Fruit Selection
Breakfast Bread	Egg & Cheese Sandwich	Frudel	Maple Mini Pancakes~35g	Smart Round
23 Crispy Chicken Strips Garlic Breadstick Chef Salad Green Peas Fresh Baby Carrots Fruit Selection	24 Hamburger/ Cheeseburger Caesar Salad Baked Beans Fresh Baby Carrots Fruit Selection	25 Beef & Cheese Nachos Blueberry Balsamic Salad Lettuce/Tomato Cheesy Refried Beans Fruit Selection	26 French Toast Sticks w/Chicken Sausage Asian Chicken Salad Breakfast Potatoes Vegetable Fruit Juice Fruit Selection	27 Pizza Slice Chef Salad Green Beans Salad Greens Fruit Selection
Breakfast Bread	Egg & Cheese Sandwich	Frudel	Maple Mini Pancakes~35g	Smart Round
30 Chicken Alfredo w/Garlic Breadstick Chef Salad Steamed Broccoli Fresh Baby Carrots Fruit Selection				
Breakfast Bread				

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