

# September 2019

# Rochester ALC SUPPER MENU

### Meal Prices

Students **No Charge**  
Adult **\$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
2 No School	3 Beef Hot Dog~31g Bake Beans~3g Grapes~9g	4 Turkey Pepperoni Calzone~29g Fresh Broccoli ~3g Apple~21g	5 Boneless Chicken Wings~35g Vegetable Selection Fruit Selection~15g	6
	WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g	
9 Breaded Chicken Sandwich~44g Fresh Vegetable Selection Fruit Selection~15g	10 Hamburger/ Cheeseburger~31g Fresh Cucumber Slices~3g Fruit Selection~15g	11 Bosco Sticks w/ Marinara Sauce~60g Jicama Sticks~5g Apple~21g	12 Walking Taco~31g Yellow Corn~15g Grapes~9g	13
WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g	
16 Pizza Slice~36g Vegetable Selection Fruit Selection~15g	17 Beef Hot Dog~31g Bake Beans~3g Grapes~9g	18 Turkey Pepperoni Calzone~29g Fresh Broccoli ~3g Apple~21g	19 Boneless Chicken Wings~35g Vegetable Selection Fruit Selection~15g	20
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23 Breaded Chicken Sandwich~44g Fresh Vegetable Selection Fruit Selection~15g	24 Hamburger/ Cheeseburger~31g Fresh Cucumber Slices~3g Fruit Selection~15g	25 Bosco Sticks w/ Marinara Sauce ~60g Jicama Sticks~5g Apple ~21g	26 Walking Taco~31g Yellow Corn~15g Grapes~9g	27
WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g	WowButter® & Jelly Sandwich~60g	
30 Pizza Slice ~36g Vegetable Selection Fruit Selection ~15g				
WowButter® & Jelly Sandwich~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