

September 2019

Longfellow 45-15 LUNCH MENU

Lunch Prices

Kindergarten	\$2.35
Elementary	\$2.35
Adult	\$3.75
Reduced	No Charge
Milk Carton	\$0.45
Month	\$44.65

*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.

**Cold Deli Sandwich (35g) and Meatless Option are available daily

Meatless options located in the shaded areas 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 550-650 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 Cheese Pizza~32g Mixed Vegetables~8g Celery Sticks~2g Pineapple Tidbits~16g	4 Boneless Chicken Wings~14g Sidewinder Fries~14g Fresh Broccoli~3g Fresh Strawberries~7g	5 Mini Corn Dogs~30g Oven Baked Beans~29g Fresh Baby Carrots~5g Watermelon Wedge~11g	6 French Toast Sticks~43g String Cheese~1g Breakfast Potatoes~15g Vegetable Fruit Juice~13g Blueberries~9g
	Cheese Pizza~32g	Wowbutter & Jelly Sandwich~74g	Wowbutter & Jelly Sandwich~74g	French Toast Sticks~43g
9 Mac & Cheese~26g Steamed Broccoli~3g Grape Tomatoes~4g Mandarin Oranges~21g	10 Walking Taco~30g Lettuce/Tomato Cup~2g Cheesy Refried Beans~25g Banana~23g	11 Chicken Tenders~12g Whole Grain Dinner Roll~20g Corn on the Cob~16g Sugar Snap Peas~5g Fresh Cantaloupe~7g	12 Chicken Alfredo~25g Garlic Breadstick~15g Green Peas~11g Salad Greens~2g Watermelon Chunks~6g	13 Cheesy Breadsticks~30g w/Pizza Sauce~7g Riviera Vegetable Blend~3g Fresh Jicama Sticks~5g Applesauce~15g
Mac & Cheese~26g	Peaches 'n Cream Yogurt Parfait~66g	Peaches 'n Cream Yogurt Parfait~66g	Peaches 'n Cream Yogurt Parfait~66g	Cheesy Breadsticks~30g
16 Mini Pancakes~26g w/Syrup~20g Chicken Sausage Links~0g Breakfast Potatoes~15g Fresh Orange Wedges~15g	17 Orange Chicken~42g Brown Rice~25g Peas & Carrots~8g Fresh Broccoli~3g Fresh Grapes~8g	18 National Cheeseburger Day! Cheeseburger on a Bun~32g Oven Baked Beans~29g Red Pepper Strips~7g Fresh Nectarine~14g	19 Breaded Chicken Drumstick~5g Whole Grain Biscuit~14g Mashed Potatoes w/Gravy~21g Cucumber Slices~2g Fresh Apple Slices~13g	20 Mini Cheese Pizza Bagels~18g Green Beans~3g Fresh Baby Carrots~5g Chilled Peaches~14g
MYO Wowbutter & Jelly Flatbread~67g	MYO Wowbutter & Jelly Flatbread~67g	MYO Wowbutter & Jelly Flatbread~67g	MYO Wowbutter & Jelly Flatbread~67g	Mini Cheese Pizza Bagels~18g
23 Breaded Chicken Sandwich~40g Crinkle Cut Fries~15g Celery Sticks~2g Cinnamon Applesauce~15g	24 Beef and Cheese Nachos~33g Lettuce/Tomato Cup~3g Cheesy Refried Beans~25g Fresh Peach~14g	25 Turkey Pepperoni Calzone~29g Corn on the Cob~16g Kohlrabi Sticks~4g Fresh Broccoli~3g Fresh Strawberries~7g	26 Beef Hot Dog on Bun~32g Roasted Acorn Squash~15g Fresh Broccoli~3g Local Apple Slices~13g	27 Egg & Cheese Omelet~1g Whole Grain Muffin~27g Potato Smiles~20g Vegetable Selection Chilled Pears~15g
Protein Powerpack~45g	Protein Powerpack~45g	Protein Powerpack~45g	Protein Powerpack~45g	Egg & Cheese Omelet~1g
30 No School				

September is Farm to School Month. **Bolded items** are regionally sourced!

September 2019

Longfellow 45-15 BREAKFAST MENU

Breakfast Prices

Kindergarten	No Charge
Elementary	\$1.25
Adult	\$1.80
Reduced	No Charge
Milk Carton	\$0.45
Month	\$23.75

*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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Oatmeal Chocolate Chip Bar~24g Fruit & Milk~28g	4 Egg & Cheese Sandwich~24g Fruit & Milk~28g	5 Mini Maple Pancakes~35g Fruit & Milk~28g	6 Whole Grain Muffin Top~33g Fruit & Milk~28g
9 Pumpkin Breakfast Bread~43g Fruit & Milk~28g	10 Mini Apple Breakfast Bites~41g Fruit & Milk~28g	11 Mini French Toast~35g Fruit & Milk~28g	12 Egg & Cheese Wrap~14g Fruit & Milk~28g	13 Triple Cherry Yogurt~15g w/Graham Crackers~17g Fruit & Milk~28g
16 Brekkie~27g Fruit & Milk~28g	17 Soft Filled Cinnamon Bar~40g Fruit & Milk~28g	18 Blueberry Snackbread~33g Fruit & Milk~28g	19 Mini Maple Waffles~35g Fruit & Milk~28g	20 Cherry Frudel~37g Fruit & Milk~28g
23 Chocolate Chip Banana Bread~34g Fruit & Milk~28g	24 Waffle & Chicken Sausage Sandwich~14g Fruit & Milk~28g	25 Whole Grain Muffin Top~33g Fruit & Milk~28g	26 Confetti Pancakes~36g Fruit & Milk~28g	27 French Toast Sticks~38g Fruit & Milk~28g
30 No School				

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 350-500 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.

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