

# Longfellow 45-15

# LUNCH MENU

## July & August 2020

### Lunch Prices

All Longfellow students will be provided breakfast and lunch at no cost until August 28<sup>th</sup>. Meals will return to their normal prices beginning Monday, August 31<sup>st</sup>.

-All meals include milk.  
-Cold Deli Sandwich or Sunbutter & Jelly Sandwich available daily.  
-Breakfast located in the shaded area of the menu.

### Allergy Information:

This menu may contain one or more of the following ingredients: milk, eggs, soybeans, and wheat. It does not contain peanuts or tree nuts per manufacturer labels.

**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
27 Mini Corn Dogs~30g Oven Baked Beans~29g Chilled Pears~15g	28 Chicken Strips~11g Fresh Baby Carrots~5g Fresh Apple Slices~13g	29 Cheeseburger on Bun~32g Potato Wedges~24g Fresh Peach~14g	30 Cheese Pizza~32g Fresh Broccoli~3g Fresh Cantaloupe~7g	31
Waffle & Chicken Sausage Sandwich~15g	Zee Zee Bar~24g	Egg & Cheese Wrap~14g	Confetti Pancakes~35g	
3 Cheeseburger on Bun~32g Potato Wedges~24g Fresh Peach~14g	4 Cheese Pizza~32g Fresh Broccoli~3g Fresh Cantaloupe~7g	5 Mini Corn Dogs~30g Oven Baked Beans~29g Chilled Pears~15g	6 Chicken Strips~11g Fresh Baby Carrots~5g Fresh Apple Slices~13g	7
Egg & Cheese Wrap~14g	Confetti Pancakes~35g	Waffle & Chicken Sausage Sandwich~15g	Zee Zee Bar~24g	
10	11	12	13	14
<b>The menu beginning August 10<sup>th</sup> will be available once the educational delivery model is determined by the district with guidance from MDE.</b>				
17	18	19	20	21
24	25	26	27	28
31				