

October 2020

Longfellow 45-15 LUNCH MENU

Meal Prices

Student Meals **No Charge**
Adult Lunch **\$4.15**
Adult Breakfast **\$2.40**
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.

**Cold Deli Sandwich (35g) and Sunbutter & Jelly Sandwich (74g) offered daily.

***Breakfast is located in the shaded area of the menu.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 No School	2 No School
5 No School	6 No School	7 No School	8 No School	9 No School
12 No School	13 No School	14 No School	15 No School	16 No School
19 Walking Taco~28g Yellow Corn~15g Salad Greens~2g Watermelon~7g Zee Zee Bar~24g	20 Pancakes~31g w/Syrup~20g Chicken Sausage Links~0g Tri Taters~31g Applesauce~15g Chocolate Chip Banana Bread~34g	21 Distance Learning	22 Mini Corn Dogs~30g Oven Baked Beans~29g Fresh Baby Carrots~5g Chilled Pears~15g Muffin~45g	23 Chicken Taco~20g Seasoned Black Beans~20g Salad Greens~2g Cantaloupe~13g French Toast Sticks~38g
26 Cheeseburger on Bun~30g Crinkle Cut Fries~15g Fresh Baby Carrots~5g Chilled Peaches~14g Zee Zee Bar~24g	27 Zesty Italian Pasta~26g Garlic Breadstick~15g Steamed Broccoli~3g Warm Apple Slices~15g French Toast Sticks~38g	28 Distance Learning	29 Boneless Chicken Wings~15g Potato Wedges~19g Fresh Baby Carrots~5g Chilled Peaches~14g Muffin~45g	30 Cheese Pizza~32g Mixed Vegetables~5g Cucumber Slices~2g Fresh Apple Slices~8g Yogurt~19g w/Granola~16g

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.