

October 2020

Elementary School 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.

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
			1 Walking Taco~28g Yellow Corn~15g Salad Greens~2g Watermelon~7g	2 Pancakes~31g w/Syrup~20g Chicken Sausage Links~0g Tri Taters~31g Applesauce~15g
			Muffin~45g	Mini Apple Breakfast Bites~41g
5 Mini Corn Dogs~30g Oven Baked Beans~29g Fresh Baby Carrots~5g Chilled Pears~15g	6 Chicken Taco~20g Seasoned Black Beans~20g Salad Greens~2g Cantaloupe~13g	7 Distance Learning	8 Cheeseburger on Bun~30g Crinkle Cut Fries~15g Fresh Baby Carrots~5g Chilled Peaches~14g	9 Zesty Italian Pasta~26g Garlic Breadstick~15g Steamed Broccoli~3g Warm Apple Slices~15g
Zee Zee Bar~24g	Chocolate Chip Banana Bread~34g		Muffin~45g	Zee Zee Bar~24g
12 Boneless Chicken Wings~15g Potato Wedges~19g Fresh Baby Carrots~5g Chilled Peaches~14g	13 Cheese Pizza~32g Green Peas~15g Cucumber Slices~2g Fresh Apples Slices~8g	14 Distance Learning	15 No School	16 No School
Zee Zee Bar~24g	Yogurt~19g w/Granola~16g			
19 Walking Taco~28g Yellow Corn~15g Salad Greens~2g Watermelon~7g	20 Pancakes~31g w/Syrup~20g Chicken Sausage Links~0g Tri Taters~31g Applesauce~15g	21 Distance Learning	22 Mini Corn Dogs~30g Oven Baked Beans~29g Fresh Baby Carrots~5g Chilled Pears~15g	23 Chicken Taco~20g Seasoned Black Beans~20g Salad Greens~2g Cantaloupe~13g
Zee Zee Bar~24g	Chocolate Chip Banana Bread~34g		Muffin~45g	French Toast Sticks~38g
26 Cheeseburger on Bun~30g Crinkle Cut Fries~15g Fresh Baby Carrots~5g Chilled Peaches~14g	27 Zesty Italian Pasta~26g Garlic Breadstick~15g Steamed Broccoli~3g Warm Apple Slices~15g	28 Distance Learning	29 Boneless Chicken Wings~15g Potato Wedges~19g Fresh Baby Carrots~5g Chilled Peaches~14g	30 Cheese Pizza~32g Mixed Vegetables~5g Cucumber Slices~2g Fresh Apple Slices~8g
Zee Zee Bar~24g	French Toast Sticks~38g		Muffin~45g	Yogurt~19g w/Granola~16g
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				