

# October 2020

# Hawthorne, Phoenix, & RAIL LUNCH MENU

### Meal Prices

Students	Free
Staff Breakfast	\$2.40
Staff Lunch	\$4.15

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.

\*Indicates item may contain pork.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Goulash Goldfish Crackers Vegetable Selection Fruit Selection Milk	2 Beef & Bean Burrito Black Bean Salad Fruit Selection Milk
			Muffin	Oatmeal Breakfast Bar
5 Beef Hotdog on Bun Vegetable Selection Fruit Selection Milk	6 Pizza Casserole Goldfish Crackers Vegetable Selection Fruit Selection Milk	7	8 Cheeseburger on Bun Vegetable Selection Fruit Selection Milk	9 Beef Taco Vegetable Selection Fruit Selection Milk
Zee Zee Bar	Chocolate Chip Banana Bread		Muffin	Oatmeal Breakfast Bar
12 Boneless Chicken Wings Vegetable Selection Fruit Selection Milk	13 Cheese Pizza Vegetable Selection Fruit Selection Milk	14	15 No School	16 No School
Zee Zee Bar	Chocolate Chip Banana Bread			
19 Beef Hotdog on Bun Vegetable Selection Fruit Selection Milk	20 Beef Taco Vegetable Selection Fruit Selection Milk	21	22 Goulash Dinner Roll Vegetable Selection Fruit Selection Milk	23 Spicy Chicken Drumstick Petite Biscuit Vegetable Selection Fruit Selection Milk
Zee Zee Bar	Chocolate Chip Banana Bread		Muffin	Oatmeal Breakfast Bar
26 Cheeseburger on Bun Vegetable Selection Fruit Selection Milk	27 Pizza Casserole Dinner Roll Vegetable Selection Fruit Selection Milk	28	29 Boneless Chicken Wings Vegetable Selection Fruit Selection Milk	30 Cheese Pizza Vegetable Selection Fruit Selection Milk
Zee Zee Bar	Chocolate Chip Banana Bread		Muffin	Oatmeal Breakfast Bar

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](mailto:katimmerman@rochester.k12.mn.us)

### 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.

Menu subject to change due to product availability and weather delays/cancellations.

This institution is an equal opportunity provider.