

# February 2021

# 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mini Corn Dogs~30g Oven Baked Beans~29g Fresh Baby Carrots~5g Chilled Pears~15g  Zee Zee Bar~24g	2 Walking Taco~28g Yellow Corn~15g Clementine~9g  Cherry Frudel~37g	3	4 Distance Learning	5 French Toast Sticks~43g Chicken Sausage Links~0g Potato Coins~18g Applesauce~15g  Mini Cinni's~40g
8 Cheeseburger~30g Steamed Broccoli~2g Chilled Peaches~14g  Breakfast Bread~24g	9 Cheese Pizza~32g Green Peas~11g Warm Apple Slices~15g  Mini Cinni's~40g	10	11 Boneless Chicken Wings~15g Yellow Corn~15g Applesauce~15g  Zee Zee Bar~24g	12 Italian Dunker w/Pizza Sauce~22g Fresh Baby Carrots~5g Chilled Pears~15g  Cherry Frudel~37g
15 No School	16 French Toast Sticks~43g Chicken Sausage Links~0g Potato Coins~18g Applesauce~15g  Mini Cinni's~40g	17	18 Mini Corn Dogs~30g Oven Baked Beans~29g Chilled Pears~15g  Zee Zee Bar~24g	19 Turkey & Gravy over Mashed Potatoes~28g Dinner Roll~14g Green Beans~3g Chilled Peaches~14g  Cherry Frudel~37g
22 Boneless Chicken Wings~15g Yellow Corn~15g Applesauce~15g  Zee Zee Bar~24g	23 Italian Dunker w/Pizza Sauce~22g Fresh Baby Carrots~5g Chilled Pears~15g  Cherry Frudel~37g	24	25 Cheeseburger~30g Potato Wedges~19g Chilled Peaches~14g  Mini Cinni's~40g	26 Mini Cheese Pizza Bagels~18g Green Peas~11g Warm Apple Slices~15g  Breakfast Bread~24g
<b>Important Information:</b> Student Nutrition Services is able to serve ALL children, 1-18 years old, free breakfast and lunch when learning in-person at school and free meal kits during distance learning. This is due to USDA's recent announcement that all school meals served are to be free through June 30 <sup>th</sup> , 2021, regardless of eligibility.				
For information on allergies or menu questions, please contact: <b>Kayla Timmerman RD</b> • Student Nutrition Services Dietitian • Edison Building • 507.328.4250 • katimmerman@rochesterschools.org				

### 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.