

Longfellow 45-15

LUNCH MENU

March 2021

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 Chilled Pears~15g	2 Walking Taco~28g Seasoned Black Beans~20g Fresh Apple Slices~13g	3 Chicken Tenders~18g Yellow Corn~15g Chilled Peaches~14g	4 Mini Pancakes~25g w/Syrup~20g Chicken Sausage Links~0g Breakfast Potatoes~15g Applesauce~15g	5 Italian Dunker w/Pizza Sauce~22g Fresh Baby Carrots~5g Chilled Pears~15g
Zee Zee Bar~24g	Mini Cinnamon Waffles~34g	Breakfast Bread~24g	Mini Cinni's~40g	Muffin~28g
8 Cheese Pizza~32g Green Peas~11g Chilled Peaches~14g	9 Zesty Italian Pasta~26g Garlic Breadstick~15g Steamed Broccoli~3g Cinnamon Applesauce~15g	10 Cheeseburger~30g Crinkle Cut Fries~15g Orange Wedges~15g	11 Boneless Chicken Wings~15g Yellow Corn~15g Warm Apple Slices~15g	12 French Toast Sticks~43g String Cheese~1g Potato Rounds~18g Chilled Pears~15g
Chocolate Chip Oatmeal Bar~24g	Mini Maple Pancakes~34g	Muffin~28g	Mini Apple Breakfast Bites~41g	Cherry Frudel~37g
15 No School	16 No School	17 No School	18 No School	19 No School
22 No School	23 No School	24 No School	25 No School	26 No School
29 No School	30 No School	31 No School	Important Information: 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 th , 2021, regardless of eligibility.	

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.