

Elementary School LUNCH MENU

April 2021

Free Meals for All Students

Meal Prices

Student Meals	No Charge
Adult Lunch	\$4.15
Adult Breakfast	\$2.40
Milk Carton	\$0.45

*There is NO ala carte purchases at this time, including milk.

**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
<p align="center">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 30th, 2021, regardless of eligibility.</p>			1 No School	2 No School
5	6	7	8	9
Cheese Pizza~32g Steamed Broccoli~3g Chilled Peaches~14g	Zesty Italian Pasta~26g Garlic Breadstick~15g Salad Greens~2g Fruit Cup~21g	Cheeseburger~30g Crinkle Cut Fries~15g Orange Wedges~15g	Boneless Chicken Wings~15g Yellow Corn~15g Warm Apple Slices~15g	French Toast Sticks~43g Chicken Sausage Links~0g Breakfast Potatoes~15g Chilled Pears~15g
Chocolate Chip Oatmeal Bar~24g	Muffin~28g	Mini Maple Pancakes~34g	Mini Apple Breakfast Bites~41g	Apple Frudel~36g
12	13	14	15	16
Popcorn Chicken~16g Fresh Baby Carrots~5g Chilled Peaches~14g	Beef & Cheese Nachos~33g Yellow Corn~15g Fresh Apple Slices~13g	Beef Hotdog on Bun~32g Oven Baked Beans~29g Chilled Pears~15g	Orange Chicken~42g Brown Rice~25g Steamed Broccoli~3g Cinnamon Applesauce~15g	French Bread Pizza w/Pizza Sauce~37g Vegetable Selection Fruit Selection
Zee Zee Bar~24g	Mini French Toast~34g	Breakfast Bread~24g	Mini Cinni's~40g	Muffin~28g
19	20	21	22	23
Cheese Pizza~32g Steamed Broccoli~3g Chilled Peaches~14g	Zesty Italian Pasta~26g Garlic Breadstick~15g Salad Greens~2g Fruit Cup~21g	Cheeseburger~30g Crinkle Cut Fries~15g Orange Wedges~15g	Boneless Chicken Wings~15g Yellow Corn~15g Warm Apple Slices~15g	French Toast Sticks~43g Chicken Sausage Links~0g Breakfast Potatoes~15g Chilled Pears~14g
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26	27	28	29	30
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For information on allergies or menu questions, please contact: Kayla Timmerman RD • 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.