

# Longfellow 45-15

# 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
<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.			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 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
Chocolate Chip Oatmeal Bar~24g	Muffin~28g	Mini Maple Pancakes~34g	Mini Apple Breakfast Bites~41g	Apple Frudel~36g
26	27	28	29	30
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 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

#### 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.