

# Rochester ALC

# 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**

Breakfast is located in the shaded area of the menu.

\*Indicates item may contain pork.

#### Allergy Information:

This menu may contain one or more of the following ingredients: milk, eggs, soy, and wheat. It does not contain peanuts or tree nuts per manufacturer labels.

~ Average gram (g) of carbohydrate

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

This institution is an equal opportunity provider.

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 or Pepperoni Pizza~34g Deli Sub~35g Vegetable Selection Fruit Selection	Breaded Chicken Sandwich~45g Black Bean Burger~46g Deli Sub~35g Vegetable Selection Fruit Selection	Mini Corn Dogs~40g Deli/Meatless Sub~35g Vegetable Selection Fruit Selection	Chicken Tenders~30g Deli/Meatless Sub~35g Vegetable Selection Fruit Selection	Nachos w/Beef~53g or Black Beans~75g Deli Sub~35g Vegetable Selection Fruit Selection
Oatmeal Breakfast Bar~48g	Breakfast Bread~24g	Mini Cinni's~40g	Muffin~28g	Mini Maple Pancakes~34g
12	13	14	15	16
*Pizza or Cheese Filled Breadsticks~60g Marinara Sauce~7g Deli Sub~35g Vegetable Selection Fruit Selection	Walking Taco w/Beef~28g or Black Beans~48g Deli Sub~35g Vegetable Selection Fruit Selection	Cheeseburger on Bun~30g Black Bean Burger~46g Deli Sub~35g Vegetable Selection Fruit Selection	Chicken Alfredo~45g Garlic Breadstick~15g Deli/Meatless Sub~35g Vegetable Selection Fruit Selection	Boneless Chicken Wings~18g Deli/Meatless Sub~35g Vegetable Selection Fruit Selection
Oatmeal Breakfast Bar~48g	Breakfast Bread~24g	Mini Cinni's~40g	Muffin~28g	Mini Maple Pancakes~34g
19	20	21	22	23
Cheese or Pepperoni Pizza~34g Deli Sub~35g Vegetable Selection Fruit Selection	Breaded Chicken Sandwich~45g Black Bean Burger~46g Deli Sub~35g Vegetable Selection Fruit Selection	Mini Corn Dogs~40g Deli/Meatless Sub~35g Vegetable Selection Fruit Selection	Chicken Tenders~30g Deli/Meatless Sub~35g Vegetable Selection Fruit Selection	Nachos w/Beef~53g or Black Beans~75g Deli Sub~35g Vegetable Selection Fruit Selection
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26	27	28	29	30
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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				