

Elementary School LUNCH MENU

May/June 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 are 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
3 Cheese Pizza~34g Steamed Broccoli~3g Chilled Peaches~14g	4 Chicken Alfredo~25g Garlic Breadstick~15g Salad Greens~2g Assorted Fresh Fruit	5 Cheeseburger~30g Sidewinders~14g Banana~23g	6 Chicken Strips~18g Fresh Vegetable Selection Warm Apple Slices~15g	7 French Toast Sticks~43g Strawberry Yogurt~19g Breakfast Potatoes~15g Fresh Orange Wedges~15g
Double Chocolate Breakfast Bar~24g	Banana Breakfast Bread~24g	Mini Apple Breakfast Bites~41g	Ultimate Breakfast Round~44g	Muffin~28g
10 Popcorn Chicken~16g Fresh Baby Carrots~5g Chilled Peaches~14g	11 Chicken Taco~18g Seasoned Black Beans~20g Fresh Apple Slices~13g	12 Beef Hotdog on Bun~32g Vegetarian Baked Beans~29g Chilled Pears~15g	13 Breaded Chicken Drumstick~5g Chat Snax Crackers~21g Fresh Broccoli~3g Applesauce~15g	14 Mini Cheese Pizza Bagels~18g Vegetable Selection Fruit Selection
Chocolate Chip Oatmeal Bar~24g	Zee Zee Bar~24g	Muffin~28g	French Toast Breakfast Bread~24g	Scooby Bones w/String Cheese~17g
17 Cheese Pizza~34g Steamed Broccoli~3g Chilled Peaches~14g	18 Chicken Alfredo~25g Garlic Breadstick~15g Salad Greens~2g Assorted Fresh Fruit	19 Cheeseburger~30g Sidewinders~14g Banana~23g	20 Chicken Strips~18g Fresh Vegetable Selection Warm Apple Slices~15g	21 French Toast Sticks~43g Strawberry Yogurt~19g Breakfast Potatoes~15g Fresh Orange Wedges~15g
Double Chocolate Breakfast Bar~24g	Banana Breakfast Bread~24g	Mini Apple Breakfast Bites~41g	Ultimate Breakfast Round~44g	Muffin~28g
24 Popcorn Chicken~16g Fresh Baby Carrots~5g Chilled Peaches~14g	25 Walking Taco~28g Lettuce/Tomato Fresh Apple Slices~13g	26 Beef Hotdog on Bun~32g Vegetarian Baked Beans~29g Chilled Pears~15g	27 Breaded Chicken Drumstick~5g Chat Snax Crackers~21g Fresh Broccoli~3g Applesauce~15g	28 Mini Cheese Pizza Bagels~18g Vegetable Selection Orange Sorbet~19g
Chocolate Chip Oatmeal Bar~24g	Zee Zee Bar~24g	Muffin~28g	French Toast Breakfast Bread~24g	Scooby Bones w/String Cheese~17g
31 No School	1 Mini Chicken Corn Dogs~30g Vegetarian Baked Beans~29g Chilled Peaches~14g	2 Cheeseburger~30g Sidewinders~14g Chilled Pears~15g	3 Chicken Strips~18g Fresh Vegetable Selection Warm Apple Slices~15g	4 French Toast Sticks~43g Strawberry Yogurt~19g Vegetable Selection Fruit Selection
	Banana Breakfast Bread~24g	Mini Apple Breakfast Bites~41g	Ultimate Breakfast Round~44g	Muffin~28g

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.