

# Longfellow 45-15

## 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.

#### 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Cheese Pizza~34g Steamed Broccoli~3g Chilled Peaches~14g  Double Chocolate Chip Breakfast Bar~24g	4 Chicken Alfredo~25g Garlic Breadstick~15g Salad Greens~2g Assorted Fresh Fruit  Banana Breakfast Bread~24g	5 Cheeseburger~30g Sidewinders~14g Banana~23g  Mini Apple Breakfast Bites~41g	6 Chicken Strips~18g Fresh Vegetable Selection Warm Apple Slices~15g  Ultimate Breakfast Round~44g	7 French Toast Sticks~43g Strawberry Yogurt~19g Breakfast Potatoes~15g Fresh Orange Wedges~15g  Muffin~28g
10 Popcorn Chicken~16g Fresh Baby Carrots~5g Chilled Peaches~14g  Chocolate Chip Oatmeal Bar~24g	11 Chicken Taco~18g Seasoned Black Beans~20g Fresh Apple Slices~13g  Zee Zee Ba~24g	12 Beef Hotdog on Bun~32g Vegetarian Baked Beans~29g Chilled Pears~15g  Muffin~28g	13 Breaded Chicken Drumstick~5g Chat Snax Crackers~21g Fresh Broccoli~3g Applesauce~15g  French Toast Breakfast Bread~24g	14 Mini Cheese Pizza Bagels~18g Vegetable Selection Fruit Selection  Scooby Bones w/String Cheese~17g
17 Cheese Pizza~34g Steamed Broccoli~3g Chilled Peaches~14g  Double Chocolate Chip Breakfast Bar~24g	18 Chicken Alfredo~25g Garlic Breadstick~15g Salad Greens~2g Assorted Fresh Fruit  Banana Breakfast Bread~24g	19 Cheeseburger~30g Sidewinders~14g Banana~23g  Mini Apple Breakfast Bites~41g	20 Chicken Strips~18g Fresh Vegetable Selection Warm Apple Slices~15g  Ultimate Breakfast Round~44g	21 French Toast Sticks~43g Strawberry Yogurt~19g Breakfast Potatoes~15g Fresh Orange Wedges~15g  Muffin~28g
24 Popcorn Chicken~16g Fresh Baby Carrots~5g Chilled Peaches~14g  Chocolate Chip Oatmeal Bar~24g	25 Walking Taco~28g Lettuce/Tomato~2g Fresh Apple Slices~13g  Zee Zee Ba~24g	26 Beef Hotdog on Bun~32g Vegetarian Baked Beans~29g Chilled Pears~15g  Muffin~28g	27 Breaded Chicken Drumstick~5g Chat Snax Crackers~21g Fresh Broccoli~3g Applesauce~15g  French Toast Breakfast Bread~24g	28 Mini Cheese Pizza Bagels~18g Vegetable Selection Orange Sorbet~19g  Scooby Bones w/String Cheese~17g
31 No School	June 1 Mini Chicken Corn Dogs~30g Vegetarian Baked Beans~29g Chilled Peaches~14g  Banana Breakfast Bread~24g	2 Cheeseburger~30g Sidewinders~14g Chilled Pears~15g  Mini Apple Breakfast Bites~41g	3 Chicken Strips~18g Fresh Vegetable Selection Warm Apple Slices~15g  Ultimate Breakfast Round~44g	4 French Toast Sticks~43g Strawberry Yogurt~19g Breakfast Potatoes~15g Fresh Orange Wedges~15g  Muffin~28g
7 Boneless Chicken Wings~15g Vegetable Selection Fruit Selection  Chocolate Chip Oatmeal Bar~24g	8 French Bread Cheese Pizza w/Pizza Sauce~37g Vegetable Selection Fruit Selection  Zee Zee Ba~24g			