

Longfellow 45-15

LUNCH MENU

July & August 2021

Lunch Prices

Student Meals No Charge
 Adult Lunch \$4.15
 Adult Breakfast \$2.40

Students who elect to bring a meal from home can purchase milk separately for \$0.45. Meal benefits do not apply.

Cold deli sandwich (32g) or sunbutter & jelly sandwich (70g) available daily up request.

Breakfast is located in the shaded area of the menu. Includes fruit, milk, or juice.

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
26	27	28	29	30
All Longfellow students are able to receive breakfast and lunch at no cost through the 2021-2022 school year!				
			Beef Hotdog on Bun~30g Vegetarian Baked Beans~30g Chilled Pears~15g	Stuffed Crust Cheese Pizza~36g Salad Greens~2g Fresh Watermelon~7g
			Chocolate Chip Oatmeal Bar~24g	Mini Cinnis~40g
2	3	4	5	6
Boneless Chicken Wings~15g Chat Snax Cracker~21g Baby Carrots~5g Mandarin Oranges~21g	Walking Taco~30g Shredded Lettuce~2g Yellow Corn~15g Banana~23g	Mini Corn Dogs~30g Vegetarian Baked Beans~30g Sugar Snap Peas~5g Fresh Grapes~8g	Cheesy Dippers~34g w/ Pizza Sauce~7g Mixed Vegetables~12g Fresh Watermelon~7g	Chicken Strips~18g Potato Wedges~19g Grape Tomatoes~5g Applesauce~7g
Ultimate Breakfast Round~44g	Cherry Frudel~36g	French Toast Sticks~38g	Mini Apple Breakfast Bites~41g	Muffin~24g
9	10	11	12	13
Mini Cheese Pizza Bagels~18g Peas and Carrots~11g Chilled Pears~15g	Beef Hotdog on Bun~30g Vegetarian Baked Beans~30g Cucumber Slices~2g Fresh Apple Slices~13g	Chicken Alfredo~25g Garlic Breadstick~15g Steamed Broccoli~2g Chilled Peaches~14g	Cheeseburger~29g Seasoned Fries~20g Baby Carrots~5g Fresh Strawberries~7g	French Toast Sticks~43g Chicken Sausage Links~0g Potato Rounds~18g Fruit Selection
Chocolate Chip Oatmeal Bar~24g	Scooby Bones~21g w/String Cheese	Blueberry Snack Bread~33g	Mini Maple Pancakes~37g	Mini Cinnis~40g
16	17	18	19	20
Boneless Chicken Wings~15g Chat Snax Cracker~21g Baby Carrots~5g Mandarin Oranges~21g	Walking Taco~30g Shredded Lettuce~2g Yellow Corn~15g Banana~23g	Mini Corn Dogs~30g Vegetarian Baked Beans~30g Sugar Snap Peas~5g Fresh Grapes~8g	Cheesy Dippers~34g w/ Pizza Sauce~7g Mixed Vegetables~12g Fresh Watermelon~7g	Chicken Strips~18g Potato Wedges~19g Grape Tomatoes~5g Applesauce~7g
Ultimate Breakfast Round~44g	Cherry Frudel~36g	French Toast Sticks~38g	Mini Apple Breakfast Bites~41g	Muffin~24g
23	24	25	26	27
Mini Cheese Pizza Bagels~18g Peas and Carrots~11g Chilled Pears~15g	Chicken Taco~18g Shredded Lettuce~2g Refried Beans~29g Banana~23g Giant Goldfish Graham~19g	No School	French Bread Pizza~30g w/Pizza Sauce Fresh Baby Carrots~5g Fresh Strawberries~7g	French Toast Sticks~43g Chicken Sausage Links~0g Potato Rounds~14g Fresh Fruit Selection
Chocolate Chip Oatmeal Bar~24g	Scooby Bones~21g w/String Cheese		Mini Maple Pancakes~37g	Mini Cinnis~40g
30	31			
Boneless Chicken Wings~15g Chat Snax Cracker~21g Vegetarian Baked Beans~30g Fresh Baby Carrots~5g Applesauce~15g	Cheeseburger~29g Seasoned Fries~20g Fresh Broccoli~3g Fresh Grapes~8g			
Chocolate Chip Oatmeal Bar~24g	Mini Maple Pancakes~37g			