

Aug/Sept 2021

Free Meals for All Students

Middle School

LUNCH MENU

Meal Prices

Student Meals No Charge
Adult Lunch \$4.15
Adult Breakfast \$2.40
Milk Carton \$0.45

This year breakfast and lunch are free for ALL students. A la carte items may be purchased if a student has funds in their lunch account.

Breakfast is located in the shaded area of the menu. Includes fruit and milk.

Chef Salads and Deli Subs available daily.

Vegetarian Options- Daily menu will be made vegetarian if possible or a vegetarian salad will be provided.

*Indicates item contains 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.

The planned lunch meal provides 600-700 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
30 Cheese or Pepperoni Pizza~35g Fruit/Vegetable Selection Oatmeal Breakfast Bar~47g	31 Hamburger/ Cheeseburger~29g Black Bean Burger~44g Chicken Tenders~24g Fruit/Vegetable Selection Apple Breakfast Bites~41g	1 Popcorn Chicken Bowl~55g w/Whole Grain Biscuit~30g Fruit/Vegetable Selection Blueberry Waffle~37g	2 Chicken Alfredo~48g w/Garlic Breadstick~15g Fruit/Vegetable Selection Egg & Cheese Sandwich~19g	3 No School
6 No School	7 French Bread Pizza~30g Spicy Chicken Wrap~31g Vegetable Selection Fruit Selection Mini Maple Pancakes~37g	8 Walking Taco~31g Fruit/Vegetable Selection Muffin~67g	9 Orange Chicken w/Brown Rice~83g Mini Corn Dogs~35g Fruit/Vegetable Selection Mini Cinni's~40g	10 French Toast Sticks~42g w/ Chicken Sausage~0g Cheesy Breadsticks~51g Fruit/Vegetable Selection Frudel~36g
13 Cheese or Pepperoni Pizza~35g Fruit/Vegetable Selection Oatmeal Breakfast Bar~47g	14 Hamburger/ Cheeseburger~29g Black Bean Burger~44g Chicken Tenders~24g Fruit/Vegetable Selection Apple Breakfast Bites~41g	15 Popcorn Chicken Bowl~55g w/Whole Grain Biscuit~30g Fruit/Vegetable Selection Blueberry Waffle~37g	16 Chicken Alfredo~48g w/Garlic Breadstick~15g Fruit/Vegetable Selection Egg & Cheese Sandwich~19g	17 Beef & Cheese Nachos~53g Fruit/Vegetable Selection Chocolate Chip Banana Bread~34g
20 Mac & Cheese~44g Boneless Chicken Wings~26g Fruit/Vegetable Selection Ultimate Breakfast Round~44g	21 French Bread Pizza~30g Spicy Chicken Wrap~31g Vegetable Selection Fruit Selection Mini Maple Pancakes~37g	22 Walking Taco~31g Fruit/Vegetable Selection Muffin~67g	23 Orange Chicken w/Brown Rice~83g Mini Corn Dogs~35g Fruit/Vegetable Selection Mini Cinni's~40g	24 French Toast Sticks~42g w/ Chicken Sausage~0g Cheesy Breadsticks~51g Fruit/Vegetable Selection Frudel~36g
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For information on allergies or menu questions, please contact: **Kayla Timmerman RD** • Student Nutrition Services Dietitian • Edison Building • 507.328.4250 • katimmerman@rochesterschools.org