

# Longfellow 45-15

# LUNCH MENU

## October 2021

### Free Meals for All Students

#### 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. Those who elect to bring a meal from home and who would like to have milk with their meal are able to purchase milk at school for \$.45/carton. Free meal benefits do not apply to individual milk.

\*\*Cold Deli Sandwich (32g) and Sunbutter & Jelly Sandwich (70g) 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
SNS may experience food shortages and supply chain issues during SY21-22. These shortages may affect planned menu options requiring SNS to change the various menus on occasion and with little notice. SNS appreciates your participation in RPS meal programs and asks for your patience and understanding as we work through these food shortages.				1 Waffles~23g w/Syrup~20g Chicken Sausage Links~0g Breakfast Potatoes~15g Fresh Orange Wedges~15g
				Scooby Bones~21g w/String Cheese
4 No School	5 No School	6 No School	7 No School	8 No School
11 No School	12 No School	13 No School	14 No School	15 No School
18 No School	19 No School	20 No School	21 No School	22 No School
25 Boneless Chicken Wings~15g Potato Wedges~20g Fresh Baby Carrots~5g Applesauce~15g	26 Walking Taco~28g Yellow Corn~15g Lettuce/Tomato~3g Fruit Cup~21g	27 Cheeseburger on Bun~30g Seasoned Fries~20g Salad Greens~2g Watermelon Chunks~7g	28 Breaded Drumstick~5g Mini Cornbread~28g Green Beans~3g Pepper Strips~7g Pineapple Tidbits~16g	29 Beef Hot Dog on Bun~30g Vegetarian Baked Beans~30g Chilled Pears~15g Chocolate Chip Cookie~14g
Birthday Cake Zee Zee Bar~24g	Cherry Frudel~36g	Maple Waffle~37g	Muffin~27g	Scooby Bones~21g w/String Cheese
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				