

Middle School 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. 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.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Beef & Cheese Nachos~53g Boneless Chicken Wings~26g Fruit/Vegetable Selection
				Chocolate Chip Banana Bread~34g
4 Mac & Cheese~44g Breaded Chicken Sandwich~43g Fruit/Vegetable Selection	5 French Bread Pizza~30g Spicy Chicken Wrap~31g Vegetable Selection Fruit Selection	6 Walking Taco~31g Fruit/Vegetable Selection	7 Orange Chicken w/Brown Rice~83g Mini Corn Dogs~35g Fruit/Vegetable Selection	8 French Toast Sticks~42g w/ Chicken Sausage~0g Cheesy Breadsticks~51g Fruit/Vegetable Selection
Ultimate Breakfast Round~44g	Mini Maple Pancakes~37g	Muffin~67g	Mini Cinni's~40g	Frudel~36g
11 Cheese or Pepperoni Pizza~35g Fruit/Vegetable Selection	12 Hamburger/ Cheeseburger~29g Black Bean Burger~44g Boneless Chicken Wings~26g Fruit/Vegetable Selection	13 Popcorn Chicken Bowl~55g w/Whole Grain Biscuit~30g Fruit/Vegetable Selection	14 Chicken Alfredo~48g w/Garlic Breadstick~15g Fruit/Vegetable Selection	15 Beef & Cheese Nachos~53g Chicken Tenders~24g Fruit/Vegetable Selection
Oatmeal Breakfast Bar~47g	Apple Breakfast Bites~41g	Blueberry Waffle~37g	Oatmeal Round~39g	Cinnamon Breakfast Bread~34g
18 Mac & Cheese~44g Breaded Chicken Sandwich~43g Fruit/Vegetable Selection	19 French Bread Pizza~30g Spicy Chicken Wrap~31g Vegetable Selection Fruit Selection	20 Walking Taco~31g Fruit/Vegetable Selection	21 No School	22 No School
Ultimate Breakfast Round~44g	Mini Maple Pancakes~37g	Muffin~67g		
25 Cheese or Pepperoni Pizza~35g Fruit/Vegetable Selection	26 Hamburger/ Cheeseburger~29g Black Bean Burger~44g Boneless Chicken Wings~26g Fruit/Vegetable Selection	27 Popcorn Chicken Bowl~55g w/Whole Grain Biscuit~30g Fruit/Vegetable Selection	28 Chicken Alfredo~48g w/Garlic Breadstick~15g Fruit/Vegetable Selection	29 Beef & Cheese Nachos~53g Chicken Tenders~24g Fruit/Vegetable Selection
Oatmeal Breakfast Bar~47g	Apple Breakfast Bites~41g	Blueberry Waffle~37g	Oatmeal Round~39g	Cinnamon Breakfast Bread~34g
For information on allergies or menu questions, please contact: Kayla Timmerman RD • Student Nutrition Services Dietitian • Edison Building • 507.328.4250 • katimmerman@rochesterschools.org				