

# Elementary 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. 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 Boneless Chicken Wings~15g Potato Wedges~20g Fresh Baby Carrots~5g Applesauce~15g	5 Beef & Cheese Taco~16g Yellow Corn~15g Lettuce/Tomato~3g Banana~23g Giant Goldfish Graham~19g	6 Cheeseburger on Bun~30g Seasoned Fries~20g Salad Greens~2g Warm Apple Slices~15g	7 Breaded Drumstick~5g Mini Cornbread~28g Green Beans~3g Pepper Strips~7g Cantaloupe Chunks~7g	8 Beef Hot Dog on Bun~30g Vegetarian Baked Beans~29g Vegetable Selection Chilled Pears~15g
Chocolate Chip Banana Bread~34g	Mini Cinni's~40g	Ultimate Breakfast Round~44g	Mini French Toast~35g	Mini Apple Breakfast Bites~41g
11 French Toast Sticks~42g Strawberry Yogurt~19g Potato Rounds~18g Chilled Peaches~14g	12 Orange Chicken~23g Brown Rice~25g Fresh Broccoli~3g Fresh Grapes~8g	13 Beef & Cheese Nachos~34g Cheesy Refried Beans~29g Lettuce/Tomato~3g Banana~23g	14 Mini Cheese Pizza Bagels~18g Yellow Corn~15g Grape Tomatoes~4g Local Honeycrisp Apple from Wescott Orchard~25g	15 Chicken Tenders~18g Potato Wedges~20g Vegetable Selection Mandarin Oranges~21g
Birthday Cake Zee Zee Bar~24g	Cherry Frudel~36g	Maple Waffle~37g	Muffin~27g	Scooby Bones~21g w/String Cheese
18 Chicken Alfredo~25g Garlic Breadstick~15g Fresh Baby Carrots~5g Pineapple Tidbits~16g	19 Cheesy Dippers~34g w/Pizza Sauce~7g Steamed Broccoli~3g Cucumber Slices~2g Applesauce~15g	20 Mini Chicken Corn Dogs~30g Vegetarian Baked Beans~29g Chilled Peaches~14g	No School	No School
Chocolate Chip Banana Bread~34g	Mini Cinni's~40g	Ultimate Breakfast Round~44g		
25 Boneless Chicken Wings~15g Potato Wedges~20g Fresh Baby Carrots~5g Applesauce~15g	26 Walking Taco~28g Yellow Corn~15g Lettuce/Tomato~3g Fresh Strawberries~7g	27 Cheeseburger on Bun~30g Seasoned Fries~20g Salad Greens~2g Banana~23g	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				