

Middle School LUNCH MENU

January 2022

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 No School	4 French Toast Sticks w/Chicken Sausage~42g & Yogurt~20g Fruit/Vegetable Selection	5 Popcorn Chicken Bowl~55g w/Whole Grain Biscuit~30g Fruit/Vegetable Selection	6 Cheese Ravioli~58g w/Garlic Breadstick~15g Beef Hotdog~30g Fruit/Vegetable Selection	7 Beef & Cheese Nachos~53g Boneless Chicken Wings~26g Fruit/Vegetable Selection
	Zee Zee Bar~33g	Snackn' Waffle~37g	Muffin~67g	Frudel~36g
10 Spaghetti~65g w/Garlic Toast~15g Breaded Chicken Sandwich~43g Fruit/Vegetable Selection	11 Orange Chicken w/Brown Rice~83g French Bread Pizza~30g Fruit/Vegetable Selection	12 Walking Taco~31g Fruit/Vegetable Selection	13 Pizza Slice~35g Mini Corn Dogs~35g Fruit/Vegetable Selection	14 Tomato Basil Soup~14g w/Grilled Cheese~32g Boneless Chicken Wings~26g Fruit/Vegetable Selection
Ultimate Breakfast Round~44g	Soft Filled Cinnamon Bar~41g	Breakfast Bread~34g	Oatmeal Breakfast Bar~47g	Muffin~67g
17 No School	18 French Toast Sticks w/Chicken Sausage~42g & Yogurt~20g Fruit/Vegetable Selection	19 Popcorn Chicken Bowl~55g w/Whole Grain Biscuit~30g Fruit/Vegetable Selection	20 Cheese Ravioli~58g w/Garlic Breadstick~15g Beef Hotdog~30g Fruit/Vegetable Selection	21 No School
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Ultimate Breakfast Round~44g	Soft Filled Cinnamon Bar~41g	Breakfast Bread~34g	Oatmeal Breakfast Bar~47g	Muffin~67g
31 Chicken Alfredo w/Garlic Breadstick~15g Cheesy Dippers w/Pizza Sauce~51g Fruit/Vegetable Selection	<p>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.</p>			
Strawberry Mini Bagel~42g				
For information on allergies or menu questions, please contact: Kayla Timmerman RD • Student Nutrition Services Dietitian • Edison Building • 507.328.4250 • katimmerman@rochesterschools.org				