

Summer Food Program

MENU

June 2022
ESY @ Jefferson
and John Adams

PRICES:

Age 18 & Younger Free
 Adult Breakfast \$2.65
 Adult Lunch \$4.60

Breakfast (Blue shaded area)

Milk and fruit or juice available daily.

Lunch

Deli sandwich option (32g), and
 wowbutter & jelly option (74g) offered
 daily.

There are NO a la carte purchases at
 this time, including milk.

*Indicates items may contain pork

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6	7	8	9	10
13	14	15	16	17
French Toast Sticks~43g Yogurt~19g Potato Rounds~18g Chilled Peaches~14g	Beef Hotdog on Bun~32g Fresh Vegetable Selection Fruit Selection	Beef & Cheese Taco~16g Lettuce/Tomato~3g Yellow Corn~15g Snack Cracker~20g Fresh Fruit Selection	Boneless Chicken Wings~18g Crinkle Cut Fries~15g Fresh Fruit Selection	French Bread Pizza~30g w/Pizza Sauce~7g Sugar Snap Peas~5g Chilled Pears~15g
Muffin~28g	Apple or Cherry Frudel~36g	Breakfast Bread~24g	Oatmeal Breakfast Bar~24g	Assorted Cereal/Cereal Bar
20	21	22	23	24
Popcorn Chicken~16g Snack Cracker~17g Vegetable Selection Applesauce~15g	Stuffed Crust Pizza~34g Steamed Broccoli~3g Fresh Fruit Selection	Chicken Burrito Bowl~23g Lettuce/Tomato~3g Black Beans~18g Fresh Fruit Selection	Cheeseburger~30g Seasoned Fries~20g Chilled Peaches~14g	Beef & Cheese Nachos~34g Lettuce/Tomato~3g Yellow Corn~15g Fruit Selection
Muffin~28g	Apple or Cherry Frudel~36g	Breakfast Bread~24g	Oatmeal Breakfast Bar~24g	Assorted Cereal/Cereal Bar
27	28	29	30	
French Toast Sticks~43g Yogurt~19g Potato Rounds~18g Chilled Peaches~14g	Beef Hotdog on Bun~32g Oven Baked Beans~29g Fresh Fruit Selection	Beef & Cheese Enchilada~25g Lettuce/Tomato~3g Yellow Corn~15g Fruit Selection Churro~22g	Boneless Chicken Wings~22g Crinkle Cut Fries~15g Fresh Fruit Selection	
Muffin~28g	Apple or Cherry Frudel~36g	Breakfast Bread~24g	Oatmeal Breakfast Bar~47g	

For menu questions, please contact:

Natasha Lemke
 Summer Food Program Coordinator
 Phone: (507) 328-4262
 nalemke@rochesterschools.org

Menu subject to change due to product
 availability and weather delays/cancellations.

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.

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 employer, and lender.