

# September 2022

# Longfellow 45-15 LUNCH MENU

## Meal Prices

|                   |        |
|-------------------|--------|
| Student Breakfast | Free   |
| Student Lunch     | \$2.35 |
| Adult Lunch       | \$4.95 |
| Adult Breakfast   | \$2.40 |
| Milk Carton       | \$0.45 |

\*Those who elect to bring a meal from home and would like to have milk with their meal are able to purchase milk at school. 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.

USDA is an equal opportunity provider, employer, and lender.

SNS may experience food shortages and supply chain issues during SY22-23. 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<br>Cheeseburger~30g<br>Seasoned Fries~20g<br>Cucumber Slices~2g<br>Chilled Peaches~14g                         | 2<br>Stuffed Crust Cheese<br>Pizza~34g<br>Mixed Vegetables~12g<br>Fruit Selection   |
|  |  |   | Muffin~28g   | Frudel~36g  |
| 5<br>No School   | 6<br>Mini Chicken Corn<br>Dogs~30g<br>Vegetarian Baked<br>Beans~30g<br>Fresh Baby Carrots~5g<br>Chilled Pears~15g        | 7<br>Cheeseburger on Bun~30g<br>Seasoned Fries~20g<br>Grape Tomatoes~4g<br>Fresh Strawberries~7g        | 8<br>Cheesy Dippers~34g<br>w/Pizza Sauce~7g<br>Steamed Broccoli~3g<br>Cucumber Slices~2g<br>Watermelon Chunks~7g | 9<br>Pancakes~26g w/Syrup~20g<br>Chicken Sausage Links~0g<br>Breakfast Potatoes~15g<br>Fresh Orange Wedges~15g                  |
|  | Cocoa Cherry Zee Zee Bar~33g   | Blueberry Waffle~37g  | Muffin~27g   | Scooby Bones~21g w/String Cheese  |
| 12<br>Boneless Chicken<br>Wings~15g<br>Potato Wedges~20g<br>Fresh Baby Carrots~5g<br>Applesauce~15g          | 13<br>Beef & Cheese Taco~16g<br>Seasoned Black Beans~20g<br>Lettuce/Tomato~3g<br>Banana~23g<br>Giant Goldfish Graham~19g | 14<br>Stuffed Crust Cheese<br>Pizza~35g<br>Yellow Corn~15g<br>Sugar Snap Peas~5g<br>Fresh Cantaloupe~7g | 15<br>Chicken Alfredo~25g<br>Garlic Breadstick~15g<br>Salad Greens~2g<br>Fresh Apple Slices~13g                  | 16<br>Cheese Omelet~0g<br>Banana Bread~45g<br>Potato Rounds~18g<br>Chilled Pears~15g  |
| Chocolate Chip Banana Bread~34g  | Mini Cinni~40g   | Waffle & Chicken Sausage<br>Sandwich~15g  | Chocolate Chip Oatmeal Bar~23g   | Apple Round~33g   |
| 19<br>French Toast Sticks~42g<br>Strawberry Yogurt~19g<br>Breakfast Potatoes~15g<br>Chilled Peaches~14g      | 20<br>Orange Chicken~23g<br>Brown Rice~25g<br>Mixed Vegetables~12g<br>Fresh Broccoli~3g<br>Pineapple Tidbits~16g         | 21<br>Beef & Cheese Nachos~34g<br>Cheesy Refried Beans~29g<br>Lettuce/Tomato~3g<br>Banana~23g           | 22<br>Sloppy Joe~38g<br>Vegetarian Baked<br>Beans~30g<br>Fresh Baby Carrots~5g<br>Fresh Grapes~8g                | 23<br>Chicken Tenders~18g<br>Whole Grain Dinner Roll~14g<br>Potato Wedges~20g<br>Sweet Pepper Strips~7g<br>Mandarin Oranges~21g |
| Strawberry Crisp Zee Zee Bar~24g   | Cherry Frudel~36g  | Blueberry Waffle~37g  | Muffin~27g   | Scooby Bones~21g w/String Cheese  |
| 26<br>Beef Hot Dog on Bun~30g<br>Vegetarian Baked<br>Beans~30g<br>Fresh Baby Carrots~5g<br>Chilled Pears~15g | 27<br>Cheesy Dippers~34g<br>w/Pizza Sauce~7g<br>Steamed Broccoli~3g<br>Cucumber Slices~2g<br>Watermelon Chunks~7g        | 28<br>Zesty Italian Pasta~21g<br>Garlic Breadstick~15g<br>Salad Greens~2g<br>Applesauce~15g             | 29<br>Walking Taco~28g<br>Yellow Corn~15g<br>Lettuce/Tomato~3g<br>Fruit Cup~21g                                  | 30<br>Pancakes~26g w/Syrup~20g<br>Chicken Sausage Links~0g<br>Breakfast Potatoes~15g<br>Fresh Orange Wedges~15g                 |
| Chocolate Chip Banana Bread~34g  | Mini Cinni~40g   | Waffle & Chicken Sausage<br>Sandwich~15g  | Chocolate Chip Oatmeal Bar~23g   | Apple Round~33g   |