

# September 2022

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