

October 2022

Middle School LUNCH MENU

Meal Prices

Student Breakfast	Free
Student Lunch	\$2.45
Adult Lunch	\$4.95
Adult Breakfast	\$2.40
Milk Carton	\$0.45

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.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Orange Chicken w/Brown Rice~83g Mini Corn Dogs~35g Fruit/Vegetable Selection Brekkie~52g	4 Cheese or Pepperoni Pizza~35g Crispy Chicken Tenders Fruit/Vegetable Selection Breakfast Bread~34g	5 Walking Taco~31g Fruit/Vegetable Selection Apple Round~32g	6 Hamburger/ Cheeseburger~29g Black Bean Burger~44g Beef Hotdog~30g Fruit/Vegetable Selection Mini Bagels~42g	7 French Toast Sticks~42g w/ Chicken Sausage~0g Fruit/Vegetable Selection Blueberry Waffle~37g
10 French Bread Pizza~30g Spicy Chicken Wrap~31g Vegetable Selection Fruit Selection Oatmeal Breakfast Bar~47g	11 Chicken Burrito Bowl~55g Pizza Quesadilla~39g Fruit/Vegetable Selection Apple Breakfast Bites~41g	12 Popcorn Chicken Bowl~55g w/Whole Grain Biscuit~30g Fruit/Vegetable Selection Zee Zee Bar~41g	13 Chicken Alfredo~48g w/Garlic Breadstick~15g Cheesy Breadsticks~51g Fruit/Vegetable Selection Muffin~67g	14 Buffalo Chicken Nachos~40g Boneless Chicken Wings~26g Fruit/Vegetable Selection Frudel~37g
17 Orange Chicken w/Brown Rice~83g Mini Corn Dogs~35g Fruit/Vegetable Selection Brekkie~52g	18 Cheese or Pepperoni Pizza~35g Crispy Chicken Tenders Fruit/Vegetable Selection Breakfast Bread~34g	19 Walking Taco~31g Fruit/Vegetable Selection Apple Round~32g	20 No School	21 No School
24 French Bread Pizza~30g Spicy Chicken Wrap~31g Vegetable Selection Fruit Selection Oatmeal Breakfast Bar~47g	25 Chicken Burrito Bowl~55g Pizza Quesadilla~39g Fruit/Vegetable Selection Apple Breakfast Bites~41g	26 Popcorn Chicken Bowl~55g w/Whole Grain Biscuit~30g Fruit/Vegetable Selection Zee Zee Bar~41g	27 Chicken Alfredo~48g w/Garlic Breadstick~15g Cheesy Breadsticks~51g Fruit/Vegetable Selection Muffin~67g	28 Beef & Cheese Nachos~53g Boneless Chicken Wings~26g Fruit/Vegetable Selection Frudel~37g
31 Orange Chicken w/Brown Rice~83g Mini Corn Dogs~35g Fruit/Vegetable Selection Brekkie~52g	<div style="border: 1px solid red; padding: 5px;"> <p>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.</p> </div>			
For information on allergies or menu questions, please contact: Kayla Timmerman RD • Student Nutrition Services Dietitian • Edison Building • 507.328.4250 • katimmerman@rochesterschools.org				