

November 2022

Rochester ALC 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. Items containing peanuts, tree nuts, and fish are labeled.

The planned lunch meal provides 750-850 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
	1 Cheese or Pepperoni Pizza~35g Crispy Chicken Tenders~18g Fruit/Vegetable Selection	2 Walking Taco~31g Fruit/Vegetable Selection	3 Hamburger/ Cheeseburger~29g Black Bean Burger~44g Fruit/Vegetable Selection	4 French Toast Sticks~42g w/ Chicken Sausage~0g Fruit/Vegetable Selection
	Breakfast Bread~34g	Apple Round~32g	Breakfast Burrito~32g	Blueberry Waffle~37g
7 French Bread Pizza~30g Spicy Chicken Wrap~31g Fruit/Vegetable Selection	8 No School	9 Popcorn Chicken Bowl~55g w/Whole Grain Biscuit~30g Fruit/Vegetable Selection	10 Chicken Alfredo~48g w/Garlic Breadstick~15g Fruit/Vegetable Selection	11 Beef & Cheese Nachos~53g Fruit/Vegetable Selection
Oatmeal Breakfast Bar~47g		Breakfast Sandwich~32g	Muffin~67g	Frudel~37g
14 Orange Chicken w/Brown Rice~83g Fruit/Vegetable Selection	15 Cheese or Pepperoni Pizza~35g Crispy Chicken Tenders~18g Fruit/Vegetable Selection	16 Walking Taco~31g Fruit/Vegetable Selection	17 Hamburger/ Cheeseburger~29g Black Bean Burger~44g Fruit/Vegetable Selection	18 French Toast Sticks~42g w/ Chicken Sausage~0g Fruit/Vegetable Selection
Brekkie~52g	Breakfast Bread~34g	Apple Round~32g		
21 French Bread Pizza~30g Spicy Chicken Wrap~31g Fruit/Vegetable Selection	22 Chicken Burrito Bowl~55g Fruit/Vegetable Selection	23 No School	24 No School	25 No School
Oatmeal Breakfast Bar~47g	Apple Breakfast Bites~41g			
28 Orange Chicken w/Brown Rice~83g Fruit/Vegetable Selection	29 Cheese or Pepperoni Pizza~35g Crispy Chicken Tenders~18g Fruit/Vegetable Selection	30 Walking Taco~31g Fruit/Vegetable Selection	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.	
Brekkie~52g	Breakfast Bread~34g	Apple Round~32g		
For information on allergies or menu questions, please contact: Kayla Timmerman RD • Student Nutrition Services Dietitian • Edison Building • 507.328.4250 • katimmerman@rochesterschools.org				