

# November 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Mini Chicken Corn Dogs~30g Vegetarian Baked Beans~30g Fresh Baby Carrots~5g Chilled Pears~15g	2 Beef & Cheese Taco~16g Yellow Corn~15g Diced Tomatoes~3g Banana~23g Chat Snax Crackers~21g	3 Cheeseburger on Bun~30g Seasoned Fries~20g Cucumber Slices~2g Fresh Grapes~8g	4 Cheese Bites~28g w/Pizza Sauce~7g Peas & Carrots~11g Vegetable Selection Pineapple Tidbits~16g
	Apple Frudel~36g	Muffin~27g	Mini Apple Breakfast Bites~41g	Granola Bites~22g w/String Cheese
7 Boneless Chicken Wings~15g Bean Medley~21g Fresh Baby Carrots~5g Applesauce~15g	8 No School	9 Stuffed Crust Cheese Pizza~35g Steamed Broccoli~2g Grape Tomatoes~4g Chilled Peaches~14g	10 Chicken Alfredo~25g Garlic Breadstick~15g Sugar Snap Peas~5g Fresh Apple Slices~13g	11 French Toast Sticks~42g Strawberry Yogurt~19g Potato Rounds~20g Fresh Orange Wedges~15g
Pumpkin Bread~44g		Waffle & Chicken Sausage Sandwich~15g	Chocolate Chip Oatmeal Bar~23g	Brekkie~27g
14 Mini Cheese Pizza Bagels~24g Green Beans~3g Fresh Baby Carrots~5g Pineapple Tidbits~16g	15 Chicken Tenders~12g Whole Grain Dinner Roll~14g Roasted Squash~15g Fresh Broccoli~3g Fresh Grapes~8g	16 Beef & Cheese Nachos~34g Cheesy Refried Beans~29g Diced Tomatoes~3g Fruit Cup~21g	17 Orange Chicken~23g Brown Rice~25g Mixed Vegetables~12g Jicama Sticks~5g Clementine~9g	18 Pancakes~26g w/Syrup~20g Chicken Sausage Links~0g Breakfast Potatoes~15g Warm Apple Slices~15g
Strawberry Crisp Zee Zee Bar~24g	Apple Frudel~36g	Muffin~27g	Mini Apple Breakfast Bites~41g	Granola Bites~22g w/String Cheese
21 Cheese Ravioli~35g Garlic Breadstick~15g Steamed Broccoli~2g Chilled Peaches~14g	22 Beef Hot Dog on Bun~30g Vegetarian Baked Beans~30g Cucumber Slices~2g Applesauce~15g	23 No School	24 No School	25 No School
Pumpkin Bread~44g	Mini Cinni~40g			
28 Cheesy Dippers~34g w/Pizza Sauce~7g Steamed Broccoli~3g Fresh Baby Carrots~5g Chilled Pears~15g	29 Beef Sambusa~23g Brown Rice~25g Roasted Red Potatoes~16g Vegetable Selection Diced Mangos~10g	30 Walking Taco~28g Yellow Corn~15g Diced Tomatoes~3g Banana~23g	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.	
Birthday Cake Zee Zee Bar~24g	Apple Frudel~36g	Muffin~27g		
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				