

Rochester ALC

SUPPER MENU

November
2022

Meal Prices

Students **No Charge**
Adult **\$4.95 – cash only**

*Indicates item may contain pork.

Chef Salads and Deli Subs available daily.

Allergy Information:

This menu may contain one or more of the following ingredients: milk, eggs, peanuts, soybeans, tree nuts, and wheat.

~ 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 Fruit/Vegetable Selection	2 Walking Taco~31g Fruit/Vegetable Selection	3 Hamburger/ Cheeseburger~29g Fruit/Vegetable Selection	4
7 Spicy Chicken Wrap~31g Fruit/Vegetable Selection	8 No School	9 Popcorn Chicken Bowl~55g w/Whole Grain Biscuit~30g Fruit/Vegetable Selection	10 French Toast Sticks~42g w/ Chicken Sausage~0g Fruit/Vegetable Selection	11
14 Orange Chicken w/Brown Rice~83g Fruit/Vegetable Selection	15 Cheese or Pepperoni Pizza~35g Fruit/Vegetable Selection	16 Walking Taco~31g Fruit/Vegetable Selection	17 Hamburger/ Cheeseburger~29g Fruit/Vegetable Selection	18
21 French Bread Pizza~30g Fruit/Vegetable Selection	22 Spicy Chicken Wrap~31g Fruit/Vegetable Selection	23 No School	24 No School	25 No School
28 Orange Chicken w/Brown Rice~83g Fruit/Vegetable Selection	29 Cheese or Pepperoni Pizza~35g Fruit/Vegetable Selection	30 Walking Taco~31g Fruit/Vegetable Selection	<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>	

For information on allergies or menu questions, please contact: **Kayla Timmerman RD** • Student Nutrition Services Dietitian • Edison Building • 507.328.4250 • katimmerman@rochesterschools.org