

December 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.

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 Hamburger/ Cheeseburger~29g Black Bean Burger~44g Fruit/Vegetable Selection | 2 Tomato Basil Soup~15g w/Grilled Cheese~34g Fruit/Vegetable Selection |
| | | | Muffin~67g | Mini Cinni~40g |
| 5 Teriyaki Chicken~25g w/Fried Rice~35g Fruit/Vegetable Selection | 6 Breaded Chicken Sandwich~43g Mini Corn Dogs~40g Fruit/Vegetable Selection | 7 Spaghetti~62g w/Garlic Toast~15g Fruit/Vegetable Selection | 8 Popcorn Chicken Bowl~55g w/Whole Grain Biscuit~30g Fruit/Vegetable Selection | 9 Beef & Cheese Nachos~53g Fruit/Vegetable Selection |
| Oatmeal Breakfast Bar~47g | Breakfast Bread~55g | Breakfast Sandwich~32g | Muffin~67g | Frudel~37g |
| 12 Orange Chicken w/Brown Rice~83g Fruit/Vegetable Selection | 13 Cheese or Pepperoni Pizza~35g Crispy Chicken Tenders~18g Fruit/Vegetable Selection | 14 Chipotle Chicken Burrito Bowl w/Cilantro Lime Rice~55g Fruit/Vegetable Selection | 15 Hamburger/ Cheeseburger~29g Black Bean Burger~44g Fruit/Vegetable Selection | 16 Tomato Basil Soup~15g w/Grilled Cheese~34g Fruit/Vegetable Selection |
| Brekkie~52g | Breakfast Burrito~32g | Breakfast Sandwich~32g | Muffin~67g | Mini Cinni~40g |
| 19 Teriyaki Chicken~25g w/Fried Rice~35g Fruit/Vegetable Selection | 20 Breaded Chicken Sandwich~43g Mini Corn Dogs~40g Fruit/Vegetable Selection | 21 Spaghetti~62g w/Garlic Toast~15g Fruit/Vegetable Selection | 22 Popcorn Chicken Bowl~55g w/Whole Grain Biscuit~30g Fruit/Vegetable Selection | 23 No School |
| Oatmeal Breakfast Bar~47g | Breakfast Bread~55g | Breakfast Sandwich~32g | Muffin~67g | |
| 26 No School | 27 No School | 28 No School | 29 No School | 30 No School |