

# December 2022

# Elementary School 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.

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
<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>			1 Cheeseburger on Bun~30g Vegetarian Baked Beans~29g Cucumber Slices~2g Chilled Peaches~14g	2 French Toast Sticks~42g Vanilla Yogurt~19g Potato Rounds~20g Vegetable Selection Warm Apple Slices~15g
			Mini Apple Breakfast Bites~41g	Strawberry Mini Bagels~42g
5 Boneless Chicken Wings~15g Bean Medley~21g Fresh Baby Carrots~5g Applesauce~15g	6 Mini Chicken Corn Dogs~30g Yellow Corn~15g Sugar Snap Peas~5g Banana~23g	7 Stuffed Crust Cheese Pizza~35g Mixed Vegetables~12g Grape Tomatoes~4g Chilled Pears~15g	8 Chili Mac~26g Cornbread~29g Carrot Coins~8g Fresh Broccoli~3g Clementine~9g	9 Cheese Bites~28g w/Pizza Sauce~7g Peas & Carrots~11g Vegetable Selection Pineapple Tidbits~16g
French Toast Breakfast Bread~34g	Mini Cinni~40g	Muffin~27g	Chocolate Chip Oatmeal Bar~23g	Brekkie~27g
12 Pancakes~26g w/Syrup~20g Chicken Sausage Links~0g Breakfast Potatoes~15g Clementine~9g	13 Beef Hot Dog on Bun~30g Vegetarian Baked Beans~30g Cucumber Slices~2g Fresh Apple Slices~13g	14 Popcorn Chicken~14g Potato Wedges~19g Fresh Baby Carrots~5g Banana~23g Chat Snack Crackers~21g	15 Chicken Alfredo~25g Garlic Breadstick~15g Sugar Snap Peas~5g Fresh Grapes~8g	16 French Bread Pizza~30g w/Pizza Sauce~7g Green Beans~3g Mandarin Oranges~21g
Strawberry Crisp Zee Zee Bar~24g	Soft Filled Cinnamon Bar	Maple Mini Waffles~	Mini Apple Breakfast Bites~41g	Strawberry Mini Bagels~42g
19 Chicken Tenders~12g Dinner Roll~14g Vegetarian Baked Beans~30g Celery Sticks~2g Applesauce~15g	20 Marinara Meatballs~10g Twisted Breadstick~15g Vegetable Blend~4g Fruit Cup~21g	21 Orange Chicken~23g Brown Rice~25g Mixed Vegetables~12g Vegetable Selection Chilled Peaches~14g	22 Cheesy Dippers~34g w/Pizza Sauce~7g Steamed Broccoli~3g Vegetable Selection Jolly Sorbet~23g	23 No School
French Toast Breakfast Bread~34g	Mini Cinni~40g	Muffin~27g	Chocolate Chip Oatmeal Bar~23g	
26 No School	27 No School	28 No School	29 No School	30 No School
<p>For information on allergies or menu questions, please contact: <b>Kayla Timmerman RD</b> • Student Nutrition Services Dietitian • Edison Building • 507.328.4250 • <a href="mailto:katimmerman@rochesterschools.org">katimmerman@rochesterschools.org</a></p>				