### Lunch Menu - December 2022

**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.

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

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#### MONDAY

| 5 | Boneless Chicken Wings~15g |
| 6 | Mini Chicken Corn Dogs~30g |
| 7 | Stuffed Crust Cheese Pizza~35g |

*These 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.*

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#### TUESDAY

| 1 | Cheeseburger on Bun~30g |
| 2 | French Toast Sticks~42g |

#### WEDNESDAY

| 3 | Vegetarian Baked Beans~29g |
| 4 | Cucumber Slices~2g |
| 5 | Chilled Peaches~14g |

#### THURSDAY

| 6 | Boneless Chicken Wings~15g |
| 7 | Mini Chicken Corn Dogs~30g |
| 8 | Stuffed Crust Cheese Pizza~35g |

#### FRIDAY

| 9 | No School |
| 10 | Mini Apple Breakfast Bites~41g |
| 11 | Strawberry Mini Bagels~42g |

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