Elementary School AFTER SCHOOL MENU

January 2023

Meal Prices

Students **No Charge**
Adult **$4.95 – Cash only**

Milk choice available daily.

*Indicates item may contain pork.

Afterschool Meals are made possible with USDA funding. These meals are for students that participate in afterschool programs or care.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	**3** Chicken Tenders~12g Fresh Fruit Selection Fresh Vegetable Selection	**4** Beef Hot Dog on Bun~30g Fresh Fruit Selection Fresh Vegetable Selection	**5** Mini Corndogs~30g Fresh Fruit Selection Fresh Vegetable Selection	**6** Yogurt~15g String Cheese~1g Snack Cracker Apple Slices~8g Vegetable Selection
	Cold Sandwich Option~32g	Cold Sandwich Option~32g	Cold Sandwich Option~32g	Cold Sandwich Option~32g
9 Wowbutter Sandwich~70g Fruit Juice~15g Vegetable Selection	**10** Cheese Bites~28g w/Pizza Sauce~7g Fresh Fruit Selection Fresh Vegetable Selection	**11** Cheeseburger on Bun~30g Fresh Fruit Selection Fresh Vegetable Selection	**12** Boneless Chicken Wings~15g Fresh Fruit Selection Fresh Vegetable Selection	**13** Blueberry Muffin~27g Yogurt~15g Cheddar Cubes~1g Apple Slices~8g Vegetable Selection
	Cold Sandwich Option~32g	Cold Sandwich Option~32g	Cold Sandwich Option~32g	Cold Sandwich Option~32g
16 No School	**17** Chicken Tenders~12g Fresh Fruit Selection Fresh Vegetable Selection	**18** Beef Hot Dog on Bun~30g Fresh Fruit Selection Fresh Vegetable Selection	**19** Mini Corndogs~30g Fresh Fruit Selection Fresh Vegetable Selection	**20** Yogurt~15g String Cheese~1g Snack Cracker Apple Slices~8g Vegetable Selection
	Cold Sandwich Option~32g	Cold Sandwich Option~32g	Cold Sandwich Option~32g	
23 Wowbutter Sandwich~70g Fruit Juice~15g Vegetable Selection	**24** Cheese Bites~28g w/Pizza Sauce~7g Fresh Fruit Selection Fresh Vegetable Selection	**25** Cheeseburger on Bun~30g Fresh Fruit Selection Fresh Vegetable Selection	**26** Boneless Chicken Wings~15g Fresh Fruit Selection Fresh Vegetable Selection	**27** No School
	Cold Sandwich Option~32g	Cold Sandwich Option~32g	Cold Sandwich Option~32g	
30 Deli Sandwich~32g Fresh Fruit Selection Fresh Vegetable Selection	**31** Chicken Tenders~12g Fresh Fruit Selection Fresh Vegetable Selection			
	Cold Sandwich Option~32g			

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

Allergy Information:
This menu may contain one or more of the following ingredients: milk, eggs, soy, sesame, and wheat. Items containing peanuts, tree nuts, and fish are labeled.

~ Average gram (g) of carbohydrate
Menu subject to change due to product availability and weather delays/cancellations.

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