

January 2023

High School 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- Four entrees available daily. Includes fruit, juice, and milk.

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, soybeans, sesame, and wheat. Items containing peanuts, tree nuts, or fish are labeled on the item or line they are served on.

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 No School	3 Popcorn Chicken Bowl~55g w/Biscuit~30g Hamburger/ Cheeseburger~29g Caesar Salad~11g w/Dinner Roll~14g Deli Sub~45g	4 Chicken Fajita~25g French Bread Pizza~30g w/Pizza Sauce~7g *Cobb Salad~15g w/Dinner Roll~14g Deli Sub~45g	5 Lasagna~25g w/Garlic Breadstick~15g Spicy Chicken Wrap Asian Chicken Salad~51g w/Dinner Roll~14g Deli Sub~45g	6 Tomato Basil Soup~15g w/Grilled Cheese~34g Pizza~34g Chef Salad~15g w/Dinner Roll~14g Deli Sub~45g
9 Penne Rosa Pasta~57g w/Garlic Breadstick~15g Hamburger/ Cheeseburger~29g Chef Salad~15g w/Dinner Roll~14g Deli Sub~45g	10 *Pork Street Tacos~32g French Toast Sticks w/Chicken Sausage~42g Caesar Salad~11g w/Dinner Roll~14g Deli Sub~45g	11 Chili~48g w/Cinnamon Roll~58g French Bread Pizza~30g w/Pizza Sauce~7g *Cobb Salad~15g w/Dinner Roll~14g Deli Sub~45g	12 Breakfast Croissant~37g Pizza~34g Asian Chicken Salad~51g w/Dinner Roll~14g Deli Sub~45g	13 Sticky Szechuan Chicken Dumplings~40g w/Rice~40g Boneless Chicken Wings~26g Chef Salad~15g w/Dinner Roll~14g Deli Sub~45g
16 No School	17 Popcorn Chicken Bowl~55g w/Biscuit~30g Hamburger/ Cheeseburger~29g Caesar Salad~11g w/Dinner Roll~14g Deli Sub~45g	18 Chicken Fajita~25g French Bread Pizza~30g w/Pizza Sauce~7g *Cobb Salad~15g w/Dinner Roll~14g Deli Sub~45g	19 No School	20 Lasagna~25g w/Garlic Breadstick~15g Spicy Chicken Wrap Asian Chicken Salad~51g w/Dinner Roll~14g Deli Sub~45g
23 Penne Rosa Pasta~57g w/Garlic Breadstick~15g Hamburger/ Cheeseburger~29g Chef Salad~15g w/Dinner Roll~14g Deli Sub~45g	24 *Pork Street Tacos~32g French Toast Sticks w/Chicken Sausage~42g Caesar Salad~11g w/Dinner Roll~14g Deli Sub~45g	25 Chili~48g w/Cinnamon Roll~58g French Bread Pizza~30g w/Pizza Sauce~7g *Cobb Salad~15g w/Dinner Roll~14g Deli Sub~45g	26 Breakfast Croissant~37g Pizza~34g Asian Chicken Salad~51g w/Dinner Roll~14g Deli Sub~45g	27 No School
30 Chicken Alfredo~48g w/Garlic Breadstick~15g Cheese Filled Breadsticks~64g w/Pizza Sauce~7g Chef Salad~15g w/Dinner Roll~14g Deli Sub~45g	31 Popcorn Chicken Bowl~55g w/Biscuit~30g Hamburger/ Cheeseburger~29g Caesar Salad~11g w/Dinner Roll~14g Deli Sub~45g	<div style="border: 1px solid black; 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>		
For information on allergies or menu questions, please contact: Kayla Timmerman RD • Student Nutrition Services Dietitian • Edison Building • 507.328.4250 • katimmerman@rochesterschools.org				