

March 2023

Longfellow 45-15 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, sesame, 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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.		1 Mini Chicken Corn Dogs~30g Vegetarian Baked Beans~29g Celery Sticks~2g Applesauce~15g	2 Pancakes~26g w/Syrup~20g Chicken Sausage Links~0g Tater Tots~20g Banana~23g	3 No School
Breakfast Bread~34g		Breakfast Bread Slice~41g	Brekkie~27g	
6 Chili Mac~26g Whole Grain Cornbread~29g Steamed Broccoli~3g Fresh Baby Carrots~5g Chilled Peaches~14g	7 Beef & Cheese Taco~16g Yellow Corn~15g Lettuce/Tomato~3g Fresh Grapes~8g Chat Snax Crackers~21g	8 Cheese Bites~28g w/Pizza Sauce~7g Green Peas~15g Vegetable Selection Chilled Pears~15g	9 Chicken~12g & Waffles~20g Syrup Cup~20g Vegetarian Baked Beans~30g Fresh Radishes~2g Warm Apple Slices~15g	10 Stuffed Crust Cheese Pizza~35g Green Beans~3g Vegetable Selection Mandarin Oranges~21g
Breakfast Bread~34g	Mini Cinni~40g	Muffin~27g	Birthday Cake Zee Zee Bar~24g	Mini Maple Waffles~37g
13 Chicken Tenders~18g Seasoned Fries~20g Vegetable Selection Pineapple Tidbits~16g	14 Walking Taco~28g Yellow Corn~15g Lettuce/Tomato~3g Banana~23g	15 Beef Hot Dog on Bun~30g Vegetarian Baked Beans~30g Fresh Broccoli~3g Fresh Apple Slices~13g	16 Mini Cheese Pizza Bagels~24g Mixed Vegetables~12g Cucumber Slices~2g Fruit Cup~21g	17 Chicken Alfredo~25g Garlic Breadstick~15g Vegetable Selection Fresh Baby Carrots~5g Applesauce~15g
Breakfast Bread Slice~41g	Cherry Frudel~37g	Brekkie~27g	Snack n Waffle~37g	Cinnamon Mini Bagels~42g
20 No School	21 No School	22 No School	23 No School	24 No School
27 No School	28 No School	29 No School	30 No School	31 No School
For information on allergies or menu questions, please contact: Kayla Timmerman RD • Student Nutrition Services Dietitian • Edison Building • 507.328.4250 • katimmerman@rochesterschools.org				