



Longfellow Elementary School Lunch Menu – Rochester, MN



Gluten Free Menu

Regular Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 No School	2 No School	3 No School	4 No School
7 Labor Day No School	8 GF Pizza Lettuce Salad Whole Kernel Corn Fruit Selection	9 Scrambled Eggs Hash Brown Stick Orange Wedges GF Muffin	10 GF Pasta/Sauce Lettuce Salad Fruit Selection GF Bread Stick	11 Boxed Lettuce Salad/Turkey Green Beans Fruit Selection GF Cookie
14 GF Chicken Nuggets Whipped Potatoes Warm Peas Fruit Selection GF Biscuit	15 GF Corn Dogs Fresh Veggies Fruit Selection Baked Cheetos	16 GF Pizza Whole Kernel Corn Fresh Fruit GF Dinner Roll	17 Corn Tortilla w/ Beef Side of Fixings Fruit Selection Frozen Fruit Juice GF Dinner Roll	18 GF Mac & Cheese Warm Broccoli Fruit Selection Yogurt
21 GF Chicken Nuggets Warm Sliced Carrots Fruit Selection GF Dinner Roll	22 Hamburger GF Bun GF Crackers Fruit Selection Fresh Veggies	23 GF Chicken Strips Seasoned Rice Warm Peas Banana GF Dinner Roll	24 Beef Nachos Corn Chips Whole Kernel Corn Fruit Selection GF Dinner Roll	25 GF Hot Dog GF Bun Fresh Fruit Fresh Veggies
28 GF Pizza Warm Broccoli Fruit Selection GF Dinner Roll	29 GF Cinnamon Glazed French Toast Yogurt Potato Wedges Orange Juice	30 GF Chicken Patty GF Bun Green Beans Fresh Veggies GF Crackers		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Popcorn Chicken Green Beans Fresh Fruit Dinner Roll	2 Beef/Cheese Nachos Fresh Veggies Fruit Selection Mini Soft Pretzel	3 No School	4 Chicken Patty/Bun Whole Kernel Corn Fruit Selection Sun Chips
7 Labor Day No School	8 Twisted Edge Cheese Pizza Lettuce Salad Whole Kernel Corn Fruit Selection	9 Egg Breakfast Wrap Hash Brown Stick Orange Wedges Blueberry Muffin	10 Italian Pasta w/ Meat Sauce Lettuce Salad Fruit Selection Garlic Bread Stick	11 Mozzarella Cheese Sticks Green Beans Fruit Selection School Baked Cookie
14 Chicken Slugger Whipped Potatoes Warm Peas Fruit Selection Fresh Baked Biscuit	15 Mini Corn Dogs Oven Baked Beans Fruit Selection Baked Cheetos	16 Cheese Pizza Whole Kernel Corn Fresh Fruit Dinner Roll	17 Soft Shell Beef Taco Side of Fixings Fruit Selection Spanish Rice Frozen Fruit Juice	18 Italian Dunker w/ Pizza sauce Warm Broccoli Fruit Selection Yogurt
21 Honey BBQ Chicken Nuggets Warm Sliced Carrots Fruit Selection Dinner Roll	22 Hamburger/Bun Cheez-It Crackers Fruit Selection Fresh Veggies	23 Breaded Chicken Strips Seasoned Rice Warm Peas Banana Dinner Roll	24 Beef/Cheese Nachos Whole Kernel Corn Fruit Selection Mini Soft Pretzel	25 Hot Dog on a Bun Fresh Fruit Fresh Veggies Oven Baked Beans
28 No School	29 No School	30 No School		