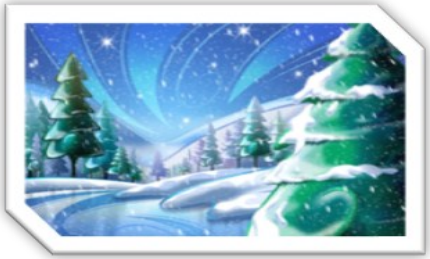
Hawthorne School Menu
December 2013



PRICES

Breakfast

Elementary	$1.25
Secondary	$1.35
Adult	$1.80
Reduced	No Charge
Milk Carton	$0.45

Lunch

Elementary	$2.25
Secondary	$2.35
Adult	$3.35
Reduced	$0.40
Milk Carton	$0.45

Free, reduced and full paid students may purchase milk for $0.45 at breakfast and lunch.

***Indicates item may contain pork**

****Breakfast includes main entrée, fruit selection, juice and milk.**

Students must take a full 1/2 cup serving of a fruit or vegetable PLUS two items from additional food groups to qualify for a full meal!

Our well balanced lunches provide 750-850 calories, <10% saturated fat and 0g trans fats!

~ Average gram (g) of carbohydrate
Menu subject to change due to product availability.

Monday	Tuesday	Wednesday	Thursday	Friday
2 Pizza Hot Dish w/Breadstick~36g Fruit/Vegetable Selection	3 Popcorn Chicken Bowl~47g Fruit/Vegetable Selection	4 Cheese Quesadilla~42g Fruit/Vegetable Selection	5 Shredded Turkey Sandwich~35g Fruit/Vegetable Selection	6 Warm Meatball Sub~55g Fruit/Vegetable Selection
9 Italian Dunker~34g Fruit/Vegetable Selection	10 Cheese~62g/*Pepperoni Pizza Jammers~64g Fruit/Vegetable Selection	11 Hamburger~29g/Cheeseburger on Bun~30g Fruit/Vegetable Selection	12 Orange Chicken w/Brown Rice~63g Fruit/Vegetable Selection	13 Cheese/Pepperoni Pizza~39g Fruit/Vegetable Selection
16 Pizza Hot Dish w/Breadstick~36g Fruit/Vegetable Selection	17 Popcorn Chicken Bowl~47g Fruit/Vegetable Selection	18 Cheese Quesadilla~42g Fruit/Vegetable Selection	19 Shredded Turkey Sandwich~35g Fruit/Vegetable Selection	20 Warm Meatball Sub~55g Fruit/Vegetable Selection
23 **No School**	24 **No School**	25 **No School**	26 **No School**	27 **No School**
30 **No School**	31 **No School**			
****Breakfast** French Toast Sticks~56g	****Breakfast** Fruit Filled Strudel~36g	****Breakfast** Egg & Cheese Muffin~32g	****Breakfast** Mini Pancakes~30g	****Breakfast** Breakfast Egg Wrap~14g

For information on allergies or menu questions, please contact: Brenton D. Lexvold, RD, LD · Student Nutrition Services Dietitian · Edison Building · 507-328-4250 · brlexvold@rochester.k12.mn.us