

Name: \_\_\_\_\_

Lunch Time: \_\_\_\_\_



# Elementary School Gluten-Free Menu May 2019



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Please remember to select the days your student will be eating and return to the kitchen. Thank you!</b></p>		<p>1 GF Corn Dog~21g Oven Baked Beans~29g Fresh Broccoli~3g Fresh Strawberries~7g</p>	<p>2 GF Rotini Pasta w/Marinara Sauce~44g Green Beans~3g Salad Greens~2g Applesauce~15g</p>	<p>3 GF Cheese Omelet~1g Udi's Muffin Top~27g Potato Rounds~18g Vegetable Fruit Juice~14g Chilled Pears~16g</p>
<p>6 GF Chicken Nuggets~17g Brown Rice~25g Peas &amp; Carrots~8g Celery Sticks~2g Mandarin Oranges~13g</p>	<p>7 Walking Taco~28g Seasoned Black Beans~18g Lettuce/Tomato Cup~3g Banana~23g</p>	<p>8 Annie's GF Mac &amp; Cheese~40g Steamed Broccoli~3g Salad Greens~2g Chilled Peaches~14g</p>	<p>9 Cheeseburger on GF Bun~33g Sweet Potato Fries~24g Pepper Strips~7g Clementine~9g</p>	<p>10 GF Waffle Sticks~26g Syrup Cup~20g Hard Boiled Egg~0g Breakfast Potatoes~13g Vegetable Fruit Juice~14g Applesauce~15g</p>
<p>13 Beef Hotdog on GF Bun~34g Bean Medley~21g Fresh Radishes~2g Chilled Peaches~14g</p>	<p>14 GF Chicken Nuggets~17g Green Beans~3g Fresh Broccoli~3g Fresh Apple Slices~13g</p>	<p>15 Beef &amp; Cheese Nachos~32g Lettuce/Tomato Cup~3g Yellow Corn~15g Clementine~9g</p>	<p>16 GF Cheese Omelet~1g Udi's Muffin Top~27g Fresh Baby Carrots~5g Fresh Strawberries~7g Frozen Yogurt~14g</p>	<p>17 Annie's GF Mac &amp; Cheese~40g Mixed Vegetables~8g Salad Greens~2g Chilled Pears~16g</p>
<p>20 GF Chicken Strips~13g Sidewinder Fries~23g Fresh Baby Carrots~5g Applesauce~15g</p>	<p>21 GF Waffles w/Syrup~46g Turkey Sausage Breakfast Potatoes~13g Vegetable Fruit Juice~14g Blueberries~10g</p>	<p>22 GF Corn Dog~21g Oven Baked Beans~29g Salad Greens~2g Fresh Watermelon~7g</p>	<p>23 GF Chicken Strips~13g Cheese Stick~1g Carrot Coins~5g Banana~23g GF Dinner Roll~15g</p>	<p>24 GF Italian Dunker w/Pizza Sauce~28g Steamed Asparagus~2g Vegetable Selection Blue Raspberry Sorbet~19g</p>
<p>27 No School</p>	<p>28 Cheeseburger on GF Bun~33g Potato Wedges~24g Celery Sticks~2g Pineapple Tidbits~19g</p>	<p>29 Walking Taco~28g Yellow Corn~15g Lettuce/Tomato Cup~3g Banana~23g</p>	<p>30 GF Chicken Nuggets~17g Oven Baked Beans~29g Fresh Baby Carrots~5g Fruit Selection</p>	<p>31 GF Cheese Pizza~46g Green Peas~11g Vegetable Selection Fruit Selection</p>

**PRICES**

**Breakfast**  
 Kindergarten **No Charge**  
 Elementary **\$1.25**  
 Secondary **\$1.35**  
 Adult **\$1.80**  
 Reduced **No Charge**  
 Milk Carton **\$0.45**

**Lunch**  
 Elementary **\$2.35**  
 Secondary **\$2.45**  
 Adult **\$3.75**  
 Reduced **No Charge**  
 Milk Carton **\$0.45**

**For information on allergies or menu questions, please contact:**

**Kayla Timmerman RD, LD**  
**Student Nutrition Services Dietitian**  
**Edison Building**  
**507-328-4250**  
**katimmerman@rochester.k12.mn.us**

**\*This menu is only available to students who have a special diet form on file.**