

Name: _____ Lunch Hour: _____



Friedell Gluten-Free Menu May 2019

Please remember to select the days your student will be eating and return to the kitchen. Thank you!

PRICES

Breakfast
Secondary \$1.35
Adult \$1.80
Reduced No Charge
Milk Carton \$0.45

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

Students who elect to bring a meal from home and who would like to have milk with their meal are able to purchase milk at school. Meal benefits DO NOT apply.

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.**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| | | GF Waffles w/Syrup Turkey Sausage Breakfast Potatoes Fruit Selection | GF Pasta w/ Meat Sauce or Marinara Sauce GF Dinner Roll Steamed Broccoli Fruit/Vegetable Selection | Walking Taco Lettuce/Tomato Choice Toppings Fruit/Vegetable Selection |
| GF Hamburger/ Cheeseburger Potato Wedges Fruit/Vegetable Selection | GF Deli Sub Fruit/Vegetable Selection | GF Personal Pan Pizza Fruit/Vegetable Selection | Beef & Cheese Nachos Lettuce/Tomato Choice Toppings Fruit/Vegetable Selection | GF Chicken Nuggets Seasoned Fries Fruit/Vegetable Selection |
| GF Corn Dog Baked Beans Fruit/Vegetable Selection | GF Chicken Strips Mashed Potatoes w/Gravy Yellow Corn Fruit/Vegetable Selection | GF Waffles w/Syrup Turkey Sausage Breakfast Potatoes Fruit Selection | GF Pasta w/ Meat Sauce or Marinara Sauce GF Dinner Roll Steamed Broccoli Fruit/Vegetable Selection | Walking Taco Lettuce/Tomato Choice Toppings Fruit/Vegetable Selection |
| GF Hamburger/ Cheeseburger Potato Wedges Fruit/Vegetable Selection | GF Deli Sub Fruit/Vegetable Selection | GF Personal Pan Pizza Fruit/Vegetable Selection | Beef & Cheese Nachos Lettuce/Tomato Choice Toppings Fruit/Vegetable Selection | GF Chicken Nuggets Seasoned Fries Fruit/Vegetable Selection |
| No School | GF Chicken Strips Mashed Potatoes w/Gravy Yellow Corn Fruit/Vegetable Selection | GF Waffles w/Syrup Turkey Sausage Breakfast Potatoes Fruit Selection | GF Pasta w/ Meat Sauce or Marinara Sauce GF Dinner Roll Steamed Broccoli Fruit/Vegetable Selection | GF Personal Pan Pizza Fruit/Vegetable Selection |