

Name: _____ Lunch Hour: _____



Middle School Gluten-Free Menu May 2019

Please remember to select the days you 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 Chicken Strips Mashed Potatoes w/Gravy Corn Fruit Selection	GF Chicken Nuggets Brown Rice Fruit/Vegetable Selection	Walking Taco Lettuce/Tomato Choice Toppings Fruit/Vegetable Selection
GF Corndog Baked Beans Fruit/Vegetable Selection	GF Cheese Pizza Fruit/Vegetable Selection	GF Waffles w/Syrup Turkey Sausage Breakfast Potatoes Fruit/Vegetable Selection	GF Rotini Pasta w/Meat Sauce GF Dinner Roll Fruit/Vegetable Selection	Beef & Cheese Nachos Lettuce/Tomato Choice Toppings Fruit/Vegetable Selection
GF Chicken Strips Seasoned Fries Fruit/Vegetable Selection	GF Hamburger/ Cheeseburger Potato Wedges Fruit/Vegetable Selection	GF Chicken Strips Mashed Potatoes w/Gravy Corn Fruit Selection	GF Chicken Nuggets Brown Rice Fruit/Vegetable Selection	Walking Taco Lettuce/Tomato Choice Toppings Fruit/Vegetable Selection
GF Corndog Baked Beans Fruit/Vegetable Selection	GF Cheese Pizza Fruit/Vegetable Selection	GF Waffles w/Syrup Turkey Sausage Breakfast Potatoes Fruit/Vegetable Selection	GF Rotini Pasta w/Meat Sauce GF Dinner Roll Fruit/Vegetable Selection	Beef & Cheese Nachos Lettuce/Tomato Choice Toppings Fruit/Vegetable Selection
No School	GF Hamburger/ Cheeseburger Potato Wedges Fruit/Vegetable Selection	GF Chicken Strips Mashed Potatoes w/Gravy Corn Fruit Selection	Walking Taco Lettuce/Tomato Choice Toppings Fruit/Vegetable Selection	GF Cheese Pizza Fruit/Vegetable Selection