

Name: _____ Lunch Hour: _____



High School 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
		1 Chicken Filet on GF Bun w/Potato Wedges	2 Beef & Cheese Nachos	3 GF Pizza
		Fruit/Vegetable Selection	Fruit/Vegetable Selection	Fruit/Vegetable Selection
6 GF Chicken Tenders w/Potato Wedges & GF Dinner Roll	7 GF Nuggets (5 ea.) w/Mashed Potatoes, Gravy, and Corn	8 GF French Toast/Waffles w/Turkey Sausage, Breakfast Potatoes, & Syrup	9 Walking Taco	10 GF Cheeseburger w/Seasoned Fries
Fruit/Vegetable Selection	Fruit/Vegetable Selection	Fruit/Vegetable Selection	Fruit/Vegetable Selection	Fruit/Vegetable Selection
13 GF Pasta w/Meat Sauce & GF Dinner Roll	14 Egg, Cheese, and Sausage on GF Bagel w/Potato Coins	15 GF Mac & Cheese w/2 GF Chicken Strips	16 Beef & Cheese Nachos	17 GF Pizza
Fruit/Vegetable Selection	Fruit/Vegetable Selection	Fruit/Vegetable Selection	Fruit/Vegetable Selection	Fruit/Vegetable Selection
20 Beef Hotdog on GF Bun w/Lay's Baked Chips	21 GF Nuggets (5 ea.) w/Mashed Potatoes, Gravy, and Corn	22 Breakfast Skillet (eggs, breakfast potatoes, cheese & bacon) w/Udi's Muffin Top	23 Walking Taco	24 GF Cheeseburger w/Seasoned Fries
Fruit/Vegetable Selection	Fruit/Vegetable Selection	Fruit/Vegetable Selection	Fruit/Vegetable Selection	Fruit/Vegetable Selection
27 No School	28 GF Pizza	29 Cook's Choice: GF Chicken Strips/Nuggets GF Hamburger GF Sub GF Pizza	30 Cook's Choice: GF Chicken Strips/Nuggets GF Hamburger GF Sub	31 Cook's Choice: GF Chicken Strips/Nuggets GF Hamburger GF Sub
	Fruit/Vegetable Selection			