

Name: _____

Lunch Time: _____



Elementary School Gluten-Free Menu September 2019



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**

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

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
2 No School	3 GF Cheese Pizza~46g Mixed Vegetables~8g Celery Sticks~2g Pineapple Tidbits~16g	4 GF Chicken Nuggets~17g Sidewinder Fries~14g Fresh Broccoli~3g Fresh Strawberries~7g	5 GF Corn Dog~21g Oven Baked Beans~29g Fresh Baby Carrots~5g Watermelon Wedge~11g	6 GF Waffle Sticks~26g Syrup Cup~20g String Cheese~1g Breakfast Potatoes~15g Vegetable Fruit Juice~13g Blueberries~9g
9 Annie's GF Mac & Cheese~40g Steamed Broccoli~3g Grape Tomatoes~4g Mandarin Oranges~21g	10 Walking Taco~30g Lettuce/Tomato Cup~3g Cheesy Refried Beans~25g Banana~23g	11 GF Chicken Strips~13g GF Dinner Roll~15g Corn on the Cob~16g Sugar Snap Peas~5g Fresh Cantaloupe~7g	12 Deli Sandwich~32g Green Peas~11g Salad Greens~2g Watermelon Chunks~6g	13 Deli Sandwich~32g Vegetable Blend~3g Fresh Jicama Sticks~5g Applesauce~15g
16 GF Waffles w/Syrup~46g Chicken Sausage Link~0g Breakfast Potatoes~15g Fresh Orange Wedges~15g	17 GF Chicken Nuggets~17g Brown Rice~25g Peas & Carrots~8g Fresh Broccoli~3g Fresh Grapes~8g	18 Cheeseburger on GF Bun~32g Oven Baked Beans~29g Pepper Strips~7g Fresh Nectarine~14g	19 GF Chicken Strips~13g GF Dinner Roll~15g Mashed Potatoes w/Gravy~21g Cucumber Slices~2g Fresh Apple Slices~13g	20 GF Cheese Pizza~46g Green Beans~3g Fresh Baby Carrots~5g Chilled Peaches~14g
23 GF Chicken Nuggets~17g Crinkle Cut Fries~15g Celery Sticks~2g Cinnamon Applesauce~15g	24 Beef & Cheese Nachos~32g Lettuce/Tomato Cup~3g Cheesy Refried Beans~25g Fresh Peach~14g	25 GF Cheese Pizza~46g Corn on the Cob~16g Kohlrabi Sticks~4g Fresh Strawberries~7g	26 Beef Hotdog on GF Bun~34g Roasted Acorn Squash~15g Fresh Broccoli~3g Local Apple Slices~13g	27 GF Cheese Omelet~1g Udi's Muffin Top~27g Potato Smiles~20g Vegetable Selection Chilled Pears~16g
30 GF Rotini Pasta w/Marinara Sauce~44g Steamed Cauliflower~2g Salad Greens~2g Fresh Plum~7g				