

Name: _____

Lunch Time: _____



Elementary School Gluten-Free Menu October 2020



Meal Prices

Student Meals No Charge

*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 for \$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.**

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|-------------------|--|---|
| | | | 1 | 2 |
| | | | Walking Taco~28g Yellow Corn~15g Salad Greens~2g Watermelon~7g | GF Waffle~26g w/Syrup~20g Chicken Sausage Links~0g Tri-Taters~31g Applesauce~15g |
| 5 | 6 | 7 | 8 | 9 |
| GF Corndog~20g Oven Baked Beans~29g Fresh Baby Carrots~5g Chilled Pears~15g | GF Chicken Tenders~12g Salad Greens~2g Cantaloupe~7g | Distance Learning | Cheeseburger on GF Bun~35g Crinkle Cut Fries~15 Fresh Baby Carrots~5g Chilled Peaches~14g | GF Pasta w/Meat Sauce~42g GF Dinner Roll~18g Steamed Broccoli~3g Warm Apple Slices~15g |
| 12 | 13 | 14 | 15 | 16 |
| GF Chicken Nuggets~14g Potato Wedges~19g Fresh Baby Carrots~5g Chilled Peaches~14g | GF Cheese Pizza~46g Green Peas~15g Cucumber Slices~2g Fresh Apple Slices~8g | Distance Learning | No School | No School |
| 19 | 20 | 21 | 22 | 23 |
| Walking Taco~28g Yellow Corn~15g Salad Greens~2g Watermelon~7g | GF Waffle~26g w/Syrup~20g Chicken Sausage Links~0g Tri-Taters~31g Applesauce~15g | Distance Learning | GF Corndog~20g Oven Baked Beans~29g Fresh Baby Carrots~5g Chilled Pears~15g | GF Chicken Tenders~12g Salad Greens~2g Cantaloupe~7g |
| 26 | 27 | 28 | 29 | 30 |
| Cheeseburger on GF Bun~35g Crinkle Cut Fries~15 Fresh Baby Carrots~5g Chilled Peaches~14g | GF Pasta w/Meat Sauce~42g GF Dinner Roll~18g Steamed Broccoli~3g Warm Apple Slices~15g | Distance Learning | GF Chicken Nuggets~14g Potato Wedges~19g Fresh Baby Carrots~5g Chilled Peaches~14g | GF Cheese Pizza~46g Mixed Vegetables~5g Cucumber Slices~2g Fresh Apple Slices~8g |