

March 2021 Gluten Free Menu

Elementary School LUNCH MENU

Meal Prices

| | |
|-----------------|-----------|
| Student Meals | No Charge |
| Adult Lunch | \$4.15 |
| Adult Breakfast | \$2.40 |
| 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.

**GF Breakfast available daily- GF Cereal, GF Muffin, or GF Granola Bar. Served with milk and fruit/juice.

Important Information:

Student Nutrition Services is able to serve ALL children, 1-18 years old, free breakfast and lunch when learning in-person at school and free meal kits during distance learning. This is due to USDA's recent announcement that all school meals served are to be free through June 30th, 2021, regardless of eligibility.

This menu is only available to students who have a special diet statement form on file.

~ Average gram (g) of carbohydrate

Menu subject to change due to product availability and weather delays/cancellations.

This institution is an equal opportunity provider.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|---|---|
| 1 GF Chicken Corn Dog Oven Baked Beans Chilled Pears | 2 Walking Taco Seasoned Black Beans Fresh Apple Slices | 3 GF Chicken Tenders Yellow Corn Chilled Peaches | 4 GF Waffles w/Syrup Chicken Sausage Links Breakfast Potatoes Applesauce | 5 No School |
| 8 GF Cheese Pizza Green Peas Chilled Peaches | 9 GF Pasta w/Meat Sauce GF Dinner Roll Steamed Broccoli Cinnamon Applesauce | 10 Cheeseburger on GF Bun Crinkle Cut Fries Orange Wedges | 11 GF Chicken Nuggets Yellow Corn Warm Apple Slices | 12 GF Waffles w/Syrup String Cheese Potato Rounds Chilled Pears |
| 15 GF Chicken Corn Dog Oven Baked Beans Chilled Pears | 16 Walking Taco Seasoned Black Beans Fresh Apple Slices | 17 GF Chicken Tenders Yellow Corn Chilled Peaches | 18 GF Waffles w/Syrup Chicken Sausage Links Breakfast Potatoes Applesauce | 19 GF Italian Dunker w/Pizza Sauce Fresh Baby Carrots Chilled Pears |
| 22 GF Cheese Pizza Green Peas Chilled Peaches | 23 GF Pasta w/Meat Sauce GF Dinner Roll Steamed Broccoli Cinnamon Applesauce | 24 Cheeseburger on GF Bun Crinkle Cut Fries Orange Wedges | 25 GF Chicken Nuggets Yellow Corn Warm Apple Slices | 26 No School |
| 29 No School | 30 No School | 31 No School | | |

For information on allergies or menu questions, please contact: **Kayla Timmerman RD** • Student Nutrition Services Dietitian • Edison Building • 507.328.4250 • katimmerman@rochesterschools.org