

2018-2019 Gluten Free Breakfast and Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Sandwich Fruit and/or 100% Juice Milk	Rice Chex Cereal Fruit and/or 100% Juice Milk	Chocolate Muffin Fruit and/or 100% Juice Milk	Rice Chex Cereal Fruit and/or 100% Juice Milk	Blueberry Muffin Fruit and/or 100% Juice Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Hamburger on a Bun Vegetable Variety Fruit Variety Milk	Pasta with Meat Sauce Vegetable Variety Fruit Variety Milk	Softshell Tortilla with Taco Meat Lettuce, Cheese Vegetable Variety Fruit Variety Milk	Chicken Nuggets Mashed Potatoes with Gravy Vegetable Variety Fruit Variety Milk	Pizza Vegetable Variety Fruit Variety Milk
Hotdog on a Bun Baked Beans Vegetable Variety Fruit Variety Milk	Taco in a Bag Lettuce, Cheese Black Beans Vegetable Variety Fruit Variety Milk	Hamburger on a Bun Vegetable Variety Fruit Variety Milk	Gluten Free Waffles Sausage Breakfast Potatoes Vegetable Variety Fruit Variety Milk	Chicken Nuggets Mashed Potatoes with Gravy Vegetable Variety Fruit Variety Milk

Milk provided with Gluten Free Meals:

Skim, 1%, Chocolate Skim

If documented Milk allergy, we offer:

Vanilla or Chocolate Soy milk

**Special diet accommodations for both
gluten free meals and milk allergies require
medical forms completed by student's physician.**

Find forms on Food & Nutrition website.

If your student is absent, please

**alert the school office prior to lunch to
avoid a lunch charge.**

Contact Food & Nutrition Services:

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Director

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