

Aug/Sept 2021

Gluten Free Menu

Middle School

LUNCH MENU

Meal Prices

Student Meals **No Charge**

Adult Lunch **\$4.15**

Adult Breakfast **\$2.40**

Milk Carton **\$0.45**

This year breakfast and lunch are free for ALL students. A la carte items may be purchased if a student has funds in their lunch account.

GF Breakfast available daily upon request. Includes fruit/juice and milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 GF Cheese Pizza~46g Fruit/Vegetable Selection	31 Cheeseburger on GF Bun~40g Baked Lay's Potato Chips~19g Fruit/Vegetable Selection	1 GF Chicken Tenders~17g Mashed Potatoes w/Gravy~20g Yellow Corn~15g Fruit Selection	2 Deli Sub on GF Bun~45g Fruit/Vegetable Selection	3 No School
6 No School	7 GF Cheese Pizza~46g Fruit/Vegetable Selection	8 Walking Taco~31g Fruit/Vegetable Selection	9 GF Corn Dogs x2~40g Baked Beans~29g Fruit/Vegetable Selection	10 GF Waffles~34g w/Syrup~20g Chicken Sausage~0g Yogurt~20g Fruit/Vegetable Selection
13 GF Cheese Pizza~46g Fruit/Vegetable Selection	14 Cheeseburger on GF Bun~40g Baked Lay's Potato Chips~19g Fruit/Vegetable Selection	15 GF Chicken Tenders~17g Mashed Potatoes w/Gravy~20g Yellow Corn~15g Fruit Selection	16 Deli Sub on GF Bun~45g Fruit/Vegetable Selection	17 Beef & Cheese Nachos~53g Fruit/Vegetable Selection
20 GF Chicken Tenders~17g GF Fries~25g Fruit/Vegetable Selection	21 GF Cheese Pizza~46g Fruit/Vegetable Selection	22 Walking Taco~31g Fruit/Vegetable Selection	23 GF Corn Dogs x2~40g Baked Beans~29g Fruit/Vegetable Selection	24 GF Waffles~34g w/Syrup~20g Chicken Sausage~0g Yogurt~20g Fruit/Vegetable Selection
27 GF Cheese Pizza~46g Fruit/Vegetable Selection	28 Cheeseburger on GF Bun~40g Baked Lay's Potato Chips~19g Fruit/Vegetable Selection	29 GF Chicken Tenders~17g Mashed Potatoes w/Gravy~20g Yellow Corn~15g Fruit Selection	30 Deli Sub on GF Bun~45g Fruit/Vegetable Selection	

The planned lunch meal provides 600-700 calories, <10% saturated fat, and 0g trans fats!

~Average gram (g) of carbohydrate

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

This institution is an equal opportunity provider.

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